



## Creamy Chicken Red Enchiladas

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 cups colby & monterey jack cheeses shredded divided kraft
- 2.5 cups meat from a rotisserie chicken cooked chopped
- 12 6-inch corn tortillas ()
- 0.8 cup knudsen cream sour
- 6 oz philadelphia cream cheese softened ()
- 2 cloves garlic minced
- 1 bell pepper green chopped
- 2 cups enchilada sauce red

## Equipment

- oven
- baking pan

## Directions

- Heat oven to 350F.
- Combine chicken, peppers, cream cheese and 3/4 cup shredded cheese.
- Spray 13x9-inch baking with cooking spray. Dip 1 tortilla in enchilada sauce; gently shake off excess sauce. Spoon 1/4 cup chicken mixture down center of tortilla; roll up.
- Place, seam side down, in prepared baking dish. Repeat with remaining tortillas; cover with remaining sauce.
- Bake 25 min. or until heated through; top with remaining shredded cheese.
- Mix sour cream and garlic.
- Serve over enchiladas.

## Nutrition Facts



## Properties

Glycemic Index:2.94, Glycemic Load:1.59, Inflammation Score:-2, Nutrition Score:2.4921739289294%

## Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 80.16kcal (4.01%), Fat: 4.7g (7.23%), Saturated Fat: 2.49g (15.56%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 4.48g (1.63%), Sugar: 1.27g (1.42%), Cholesterol: 18.1mg (6.03%), Sodium: 158.81mg (6.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.83%), Phosphorus: 72.57mg (7.26%), Selenium: 3.89µg (5.56%), Calcium: 50.33mg (5.03%), Vitamin A: 227.98IU (4.56%), Vitamin B3: 0.83mg (4.17%), Vitamin B6: 0.07mg (3.48%), Vitamin C: 2.72mg (3.29%), Vitamin B2: 0.05mg (3.21%), Fiber: 0.75g (3%), Zinc: 0.43mg (2.85%), Magnesium: 9.89mg (2.47%), Iron: 0.33mg (1.84%), Manganese: 0.03mg (1.73%), Potassium: 57.64mg (1.65%), Vitamin B5: 0.15mg (1.47%), Vitamin B12: 0.08µg (1.41%), Vitamin B1: 0.02mg (1.16%), Copper: 0.02mg (1.15%)