



Creamy Key Lime Chicken Enchiladas

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 oz chilis green chopped old el paso® canned
- ☐ 12 corn tortillas
- ☐ 10 oz enchilada sauce hot old el paso® canned (or medium)
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 6 oz greek yogurt yoplait®
- ☐ 1 juice of lime
- ☐ 2 oz reduced fat mexican blend cheese shredded reduced-fat
- ☐ 0.5 cup onion chopped

☐ 2.5 cups rotisserie chicken cut shredded

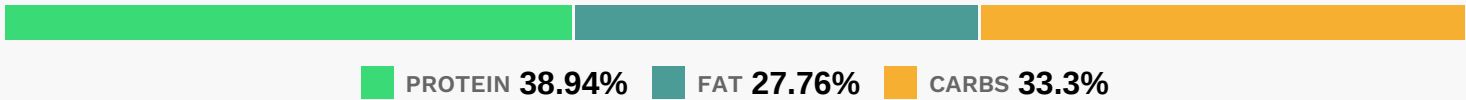
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In 10-inch nonstick skillet, cook onion, chiles and chicken over medium-high heat about 3 minutes or until chicken is warm and onion is starting to turn translucent.
- ☐ Remove from heat; stir in yogurt, 1/4 cup of the cilantro, and the lime juice. Stir in 1/2 cup of the enchilada sauce.
- ☐ Fill each tortilla with 1/4 cup chicken mixture.
- ☐ Roll up; place seam side down in baking dish.
- ☐ Spread remaining enchilada sauce over tortillas; sprinkle with cheese.
- ☐ Bake about 30 minutes or until cheese is melted and bubbly.
- ☐ Sprinkle remaining cilantro over enchiladas; serve warm.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:10.34, Inflammation Score:-5, Nutrition Score:8.4326087236404%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 368.94kcal (18.45%), Fat: 11.56g (17.78%), Saturated Fat: 3.51g (21.96%), Carbohydrates: 31.19g (10.4%), Net Carbohydrates: 26.47g (9.62%), Sugar: 5.27g (5.85%), Cholesterol: 101.91mg (33.97%), Sodium: 944.31mg (41.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.47g (72.93%), Phosphorus: 264.47mg (26.45%), Calcium: 194.58mg (19.46%), Fiber: 4.72g (18.9%), Vitamin C: 11.06mg (13.41%), Magnesium: 46.8mg (11.7%), Selenium: 7.59µg (10.84%), Vitamin A: 492.23IU (9.84%), Manganese: 0.2mg (9.79%), Vitamin B6: 0.19mg (9.27%), Vitamin B2: 0.15mg (9.1%), Zinc: 1.29mg (8.6%), Iron: 1.29mg (7.19%), Vitamin B12: 0.36µg (5.92%), Potassium: 201.77mg (5.76%), Folate: 21.82µg (5.45%), Vitamin B3: 1.02mg (5.08%), Copper: 0.1mg (4.82%), Vitamin B1: 0.07mg (4.56%), Vitamin K: 4.37µg (4.16%), Vitamin B5: 0.2mg (1.99%), Vitamin E: 0.21mg (1.41%)