



Easy BBQ Chicken Enchiladas

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup original barbecue sauce kraft
- 1.5 cups four cheese shredded mexican style divided kraft finely
- 3 cups chicken breasts shredded cooked
- 1 Tbsp chili powder
- 12 6-inch corn tortillas ()
- 0.3 cup cilantro leaves fresh chopped
- 2 green onions sliced
- 1 cup lettuce shredded

- 15 oz no-salt-added pinto beans rinsed canned
- 1 tomatoes chopped
- 15 oz no-salt-added tomato sauce canned

Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 350F.
- Mix tomato sauce, barbecue sauce and chili powder in medium bowl until blended. Reserve 1/2 cup sauce for later use.
- Add chicken, beans, 1 cup cheese and onions to remaining sauce; mix lightly.
- Spoon about 1/3 cup chicken mixture down center of each tortilla; roll up.
- Place, seam sides down, in 13x9-inch baking dish sprayed with cooking spray; top with reserved sauce.
- Sprinkle with remaining cheese.
- Bake 15 to 20 min. or until heated through. Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:46.67, Glycemic Load:14.67, Inflammation Score:-9, Nutrition Score:26.725217482318%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 556.43kcal (27.82%), Fat: 16.96g (26.09%), Saturated Fat: 7.12g (44.47%), Carbohydrates: 67.81g (22.6%), Net Carbohydrates: 55.69g (20.25%), Sugar: 20.11g (22.35%), Cholesterol: 80.75mg (26.92%), Sodium: 1113.31mg (48.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.24g (70.47%), Phosphorus: 573.04mg (57.3%), Selenium: 34.14µg (48.77%), Fiber: 12.12g (48.49%), Vitamin B3: 7.84mg (39.22%), Folate: 151.17µg (37.79%), Vitamin B6: 0.74mg (37.03%), Manganese: 0.71mg (35.57%), Calcium: 320.44mg (32.04%), Magnesium: 118.09mg (29.52%), Potassium: 1014.88mg (29%), Vitamin A: 1437.67IU (28.75%), Zinc: 3.84mg (25.62%), Iron: 4.4mg (24.47%), Vitamin B2: 0.4mg (23.63%), Copper: 0.43mg (21.68%), Vitamin K: 22.27µg (21.21%), Vitamin E: 3.11mg (20.7%), Vitamin B1: 0.28mg (18.91%), Vitamin B5: 1.35mg (13.48%), Vitamin C: 9.9mg (12%), Vitamin B12: 0.5µg (8.37%), Vitamin D: 0.17µg (1.13%)