



Easy Chicken and Cheese Enchiladas

READY IN



50 min.

SERVINGS



4

CALORIES



761 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 oz chilis green chopped canned
- 6 oz colby cheese shredded
- 2 cups roasted chicken cooked chopped
- 18.5 oz cream of chicken soup canned
- 8 8-inch flour tortilla ()
- 1 teaspoon ground cumin
- 0.3 cup cream sour

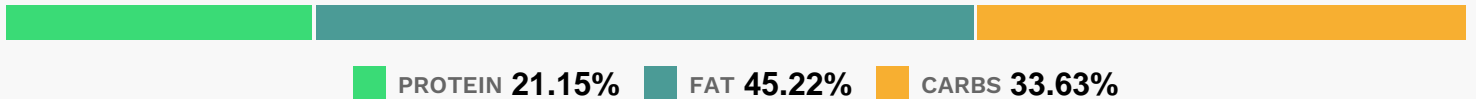
Equipment

- bowl
- oven
- baking pan
- aluminum foil

Directions

- Heat oven to 350F. In medium bowl, mix soup, sour cream, chiles and cumin. In ungreased 2-quart shallow baking dish, spread 1/2 cup soup mixture.
- In another bowl, mix 1 cup soup mixture, the chicken and 3/4 cup of the cheese.
- Place about 1/3 cup chicken mixture in each tortilla.
- Roll up and place seam side down in baking dish.
- Pour remaining soup mixture on top.
- Sprinkle with remaining 3/4 cup cheese. Cover baking dish with foil sprayed with cooking spray.
- Bake 30 minutes; remove foil and bake 5 to 10 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:19.96, Inflammation Score:-7, Nutrition Score:25.918695646784%

Nutrients (% of daily need)

Calories: 761.09kcal (38.05%), Fat: 37.92g (58.34%), Saturated Fat: 17.01g (106.33%), Carbohydrates: 63.44g (21.15%), Net Carbohydrates: 59.28g (21.56%), Sugar: 5.38g (5.98%), Cholesterol: 114.7mg (38.23%), Sodium: 2113.9mg (91.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.9g (79.8%), Selenium: 49.45µg (70.65%), Phosphorus: 600.07mg (60.01%), Vitamin B3: 10.82mg (54.1%), Calcium: 502.46mg (50.25%), Vitamin B1: 0.59mg (39.34%), Iron: 7.03mg (39.07%), Vitamin B2: 0.65mg (38.45%), Folate: 128.08µg (32.02%), Manganese: 0.63mg (31.44%), Zinc: 3.41mg (22.71%), Vitamin B6: 0.43mg (21.45%), Vitamin A: 855.97IU (17.12%), Copper: 0.34mg (16.97%), Fiber: 4.16g (16.66%), Magnesium: 58.46mg (14.62%), Vitamin C: 11.25mg (13.64%), Potassium: 474.99mg (13.57%), Vitamin K: 14.18µg (13.51%), Vitamin B5: 1.28mg (12.8%), Vitamin B12: 0.6µg (9.94%), Vitamin E: 0.92mg (6.11%), Vitamin D: 0.26µg (1.7%)