



Easy Chicken & Cheese Enchiladas

READY IN



45 min.

SERVINGS



6

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chili powder
- ☐ 10.8 ounces cream of chicken soup fat free 98% canned (Regular or)
- ☐ 2 cups roasted chicken cooked chopped
- ☐ 6 6-inch flour tortilla warmed ()
- ☐ 2 tablespoons spring onion sliced
- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 1 cup picante sauce pace®
- ☐ 0.5 cup cream sour
- ☐ 0.5 cup tomatoes chopped

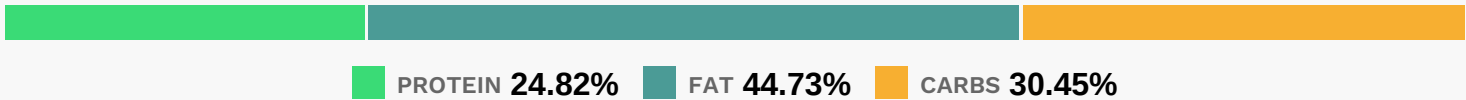
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oven to 350F. Stir the soup, sour cream, picante sauce and chili powder in a medium bowl.Stir 1 cup picante sauce mixture, chicken and cheese in a large bowl.Divide the chicken mixture among the tortillas.
- ☐ Roll up the tortillas and place them seam-side up in a 2-quart shallow baking dish.
- ☐ Pour the remaining picante sauce mixture over the filled tortillas. Cover the baking dish.
- ☐ Bake for 40 minutes or until the enchiladas are hot and bubbling. Top with the tomato and onion.Tip: Stir 1/2 cup canned black beans, drained and rinsed into the chicken mixture before filling the tortillas.Cost per recipe: \$52* Cost per recipe serving: \$13**Cost calculations based on July 2008 national average prices

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:6.42, Inflammation Score:-6, Nutrition Score:12.375652038533%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 305.84kcal (15.29%), Fat: 15.2g (23.38%), Saturated Fat: 6.35g (39.67%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 21.03g (7.65%), Sugar: 4.16g (4.62%), Cholesterol: 58.75mg (19.58%), Sodium: 970.95mg (42.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.97g (37.95%), Selenium: 21.75µg (31.07%), Vitamin B3: 5.88mg (29.38%), Phosphorus: 243.11mg (24.31%), Vitamin A: 832.44IU (16.65%), Calcium: 163.13mg (16.31%), Vitamin B6: 0.33mg (16.29%), Vitamin B2: 0.27mg (15.86%), Iron: 2.63mg (14.63%), Vitamin B1: 0.21mg (14.28%), Manganese: 0.27mg (13.57%), Vitamin K: 12.41µg (11.82%), Potassium: 360.59mg (10.3%), Zinc: 1.51mg (10.04%),

Folate: 39.46µg (9.86%), Fiber: 2.26g (9.05%), Copper: 0.17mg (8.65%), Vitamin E: 1.23mg (8.22%), Magnesium: 32.15mg (8.04%), Vitamin B5: 0.79mg (7.91%), Vitamin B12: 0.25µg (4.23%), Vitamin C: 3.13mg (3.79%)