



## Easy Chicken Enchilada Boats

READY IN



30 min.

SERVINGS



8

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4.5 oz chilis green chopped canned
- 10 oz enchilada sauce canned
- 8 flour tortilla soft
- 4 oz monterrey jack cheese shredded
- 1 lb chicken breast boneless skinless
- 8 servings frangelico fresh (see below)
- 8 servings frangelico fresh (see below)

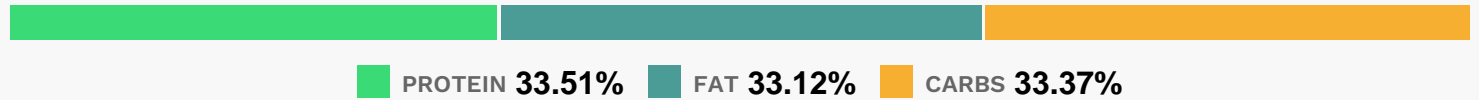
### Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- Heat oven to 350F.
- In 8-inch skillet, cook chicken over medium-high heat.
- Cut into small pieces; in medium bowl, stir together chicken, enchilada sauce and chiles. Spoon into tortillas; top with cheese.
- Place on ungreased cookie sheet.
- Bake 8 to 10 minutes or until bubbly. Make it FRESH with desired toppings.

## Nutrition Facts



## Properties

Glycemic Index:7.63, Glycemic Load:4.71, Inflammation Score:-5, Nutrition Score:11.141304187153%

## Nutrients (% of daily need)

Calories: 226.83kcal (11.34%), Fat: 8.2g (12.62%), Saturated Fat: 3.91g (24.43%), Carbohydrates: 18.6g (6.2%), Net Carbohydrates: 16.68g (6.06%), Sugar: 3.55g (3.94%), Cholesterol: 48.9mg (16.3%), Sodium: 742.17mg (32.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.68g (37.35%), Selenium: 26.94µg (38.48%), Vitamin B3: 7.35mg (36.76%), Phosphorus: 245.56mg (24.56%), Vitamin B6: 0.47mg (23.64%), Calcium: 158.12mg (15.81%), Vitamin B1: 0.19mg (12.73%), Vitamin B2: 0.2mg (11.84%), Folate: 41.63µg (10.41%), Iron: 1.83mg (10.14%), Vitamin B5: 0.9mg (9%), Vitamin C: 6.84mg (8.29%), Manganese: 0.16mg (7.91%), Potassium: 276.79mg (7.91%), Fiber: 1.92g (7.69%), Vitamin A: 382.47IU (7.65%), Magnesium: 25.81mg (6.45%), Zinc: 0.93mg (6.18%), Vitamin B12: 0.23µg (3.85%), Copper: 0.05mg (2.55%), Vitamin K: 2.63µg (2.5%)