



Easy Chicken Enchiladas

 Popular

READY IN



40 min.

SERVINGS



6

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 oz canned tomatoes diced drained canned
- 0.8 cup four cheese shredded mexican style divided kraft finely
- 3 cups chicken breasts shredded cooked
- 8 oz philadelphia cream cheese spread
- 12 6-inch flour tortillas ()
- 2 Tbsp milk
- 2 tsp oil
- 1 small onion chopped

2 Tbsp taco bellâ® taco seasoning mix

Equipment

frying pan

oven

baking pan

Directions

Heat oven to 350F.

Mix cream cheese spread, seasoning mix and milk until blended.

Heat oil in large skillet on medium heat.

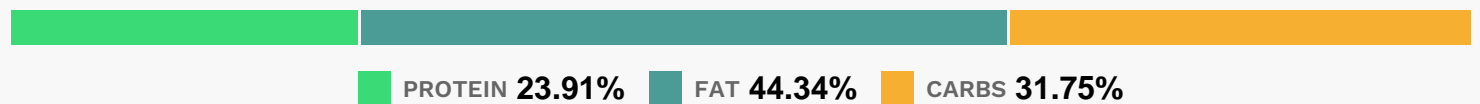
Add onions; cook and stir 4 to 5 min. or until crisp-tender. Stir in chicken, tomatoes, and 1/2 cup each shredded cheese and cream cheese mixture.

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 remaining cream cheese mixture and shredded cheese. Cover.

Bake 15 to 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:11.19, Inflammation Score:-7, Nutrition Score:18.240869633529%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 496.38kcal (24.82%), Fat: 24.29g (37.37%), Saturated Fat: 11.23g (70.2%), Carbohydrates: 39.14g (13.05%), Net Carbohydrates: 35.38g (12.86%), Sugar: 7.36g (8.18%), Cholesterol: 90.66mg (30.22%), Sodium: 925.94mg (40.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.48g (58.96%), Selenium: 35.16µg (50.23%),

Vitamin B3: 9.03mg (45.16%), Phosphorus: 353.05mg (35.3%), Calcium: 273.35mg (27.34%), Vitamin B1: 0.41mg (27.26%), Vitamin B6: 0.45mg (22.6%), Manganese: 0.45mg (22.52%), Vitamin B2: 0.38mg (22.36%), Iron: 4.02mg (22.35%), Folate: 73.99µg (18.5%), Vitamin A: 767.82IU (15.36%), Fiber: 3.77g (15.06%), Zinc: 2.13mg (14.17%), Potassium: 471.45mg (13.47%), Copper: 0.24mg (11.85%), Magnesium: 47.18mg (11.8%), Vitamin B5: 1.06mg (10.61%), Vitamin C: 7.56mg (9.17%), Vitamin K: 9.42µg (8.97%), Vitamin E: 1.23mg (8.2%), Vitamin B12: 0.38µg (6.33%)