



Easy Chicken Enchiladas

READY IN



80 min.

SERVINGS



12

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 oz chilis green drained chopped canned
- 20 oz enchilada sauce red canned
- 12 8-inch flour tortilla for burritos (
- 1 teaspoon garlic salt
- 1 teaspoon ground cumin
- 0.5 cup onion chopped
- 0.5 teaspoon oregano dried
- 0.8 cup roasted peppers red chopped (from a jar)
- 12 oz cheddar cheese shredded finely

- 2.5 lb chicken breast boneless skinless cut into 1-inch pieces
- 1.5 cups cream sour
- 2 teaspoons vegetable oil

Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Heat oven to 350F. Spray 13x9-inch (3-quart) and 8-inch square (2-quart) baking dishes with cooking spray.
- In 12-inch skillet, heat oil over medium-high heat.
- Add chicken and onion; cook and stir 4 to 5 minutes or until chicken is no longer pink in center. Stir in cumin, garlic salt and oregano. Cook 1 minute longer; drain if necessary.
- Pour chicken mixture into large bowl.
- Reserve 2 tablespoons sour cream in small bowl; refrigerate. Into bowl of chicken mixture, stir remaining sour cream, roasted peppers, chiles and 1 1/2 cups of the cheese.
- Spread heaping 3/4 cup chicken mixture on center of each tortilla.
- Roll up tortillas; arrange 8 seam-side down in 13x9-inch baking dish and 4 seam-side down in 8-inch baking dish.
- Top each baking dish evenly with enchilada sauce.
- Sprinkle with remaining 1 1/2 cups cheese. Spray 2 sheets of foil with cooking spray; cover each baking dish with foil, sprayed side down.
- Bake about 50 minutes or until enchiladas are hot. Use reserved 2 tablespoons sour cream to drizzle over enchiladas.

Nutrition Facts



■ PROTEIN 29.02% ■ FAT 42.06% ■ CARBS 28.92%

Properties

Glycemic Index:5.92, Glycemic Load:8.1, Inflammation Score:-7, Nutrition Score:20.041304572769%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 455.05kcal (22.75%), Fat: 21.03g (32.36%), Saturated Fat: 9.88g (61.73%), Carbohydrates: 32.54g (10.85%), Net Carbohydrates: 29.5g (10.73%), Sugar: 6.66g (7.4%), Cholesterol: 104.37mg (34.79%), Sodium: 1431.97mg (62.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.65g (65.31%), Selenium: 47.03µg (67.19%), Vitamin B3: 12.3mg (61.52%), Phosphorus: 455.34mg (45.53%), Vitamin B6: 0.8mg (40.24%), Calcium: 307mg (30.7%), Vitamin B2: 0.39mg (22.67%), Vitamin B1: 0.34mg (22.45%), Iron: 3.04mg (16.89%), Folate: 65.75µg (16.44%), Vitamin B5: 1.62mg (16.19%), Vitamin A: 772IU (15.44%), Manganese: 0.31mg (15.42%), Potassium: 512.02mg (14.63%), Vitamin C: 10.55mg (12.79%), Magnesium: 48.65mg (12.16%), Fiber: 3.04g (12.16%), Zinc: 1.81mg (12.09%), Vitamin B12: 0.6µg (9.97%), Vitamin K: 6.93µg (6.6%), Copper: 0.11mg (5.35%), Vitamin E: 0.44mg (2.95%), Vitamin D: 0.24µg (1.57%)