

## Easy Chicken Enchiladas

READY IN



50 min.

SERVINGS



6

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15.5 ounce pinto beans drained canned
- 2 cups chicken breast strips/pre-cooked/chopped cooked chopped
- 2 cups colby cheese shredded
- 8 ounce cream cheese
- 6 6-inch flour tortilla ()
- 1 cup salsa

### Equipment

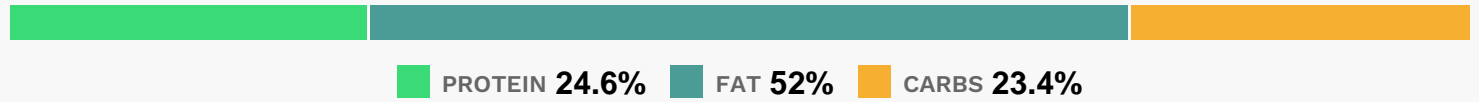
- sauce pan

- oven
- baking pan
- aluminum foil

## Directions

- Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- In a small saucepan over medium heat, combine the cream cheese and salsa. Cook, stirring until melted and well blended. Stir in chicken and pinto beans. Fill tortillas with the mixture, roll and place into the prepared baking dish.
- Spread cheese over the top. Cover with aluminum foil.
- Bake for 30 minutes, or until heated through.
- Garnish with your favorite toppings such as lettuce and tomatoes, or sour cream.

## Nutrition Facts



## Properties

Glycemic Index:17.67, Glycemic Load:8.73, Inflammation Score:-7, Nutrition Score:19.361739153447%

## Nutrients (% of daily need)

Calories: 547.08kcal (27.35%), Fat: 31.68g (48.74%), Saturated Fat: 17.97g (112.28%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 26.88g (9.77%), Sugar: 5.16g (5.73%), Cholesterol: 119.64mg (39.88%), Sodium: 1120.32mg (48.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.73g (67.45%), Phosphorus: 490.97mg (49.1%), Calcium: 435.42mg (43.54%), Vitamin B3: 8.48mg (42.41%), Selenium: 29.59µg (42.27%), Vitamin B2: 0.42mg (24.43%), Vitamin B6: 0.48mg (24.2%), Vitamin A: 1162.81IU (23.26%), Manganese: 0.45mg (22.37%), Fiber: 5.2g (20.8%), Iron: 3.21mg (17.83%), Zinc: 2.66mg (17.75%), Vitamin B1: 0.25mg (16.81%), Potassium: 576.67mg (16.48%), Magnesium: 65.64mg (16.41%), Folate: 60.7µg (15.17%), Copper: 0.23mg (11.31%), Vitamin E: 1.52mg (10.14%), Vitamin B12: 0.61µg (10.12%), Vitamin B5: 0.99mg (9.95%), Vitamin K: 7.64µg (7.28%), Vitamin D: 0.31µg (2.07%), Vitamin C: 1.34mg (1.62%)