



Easy Creamy Chicken Enchiladas

READY IN



50 min.

SERVINGS



5

CALORIES



732 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz cream cheese cut into 1/2-inch cubes
- 10 6-inch flour tortilla soft for tacos & fajitas (old el paso®)
- 10 oz enchilada sauce red old el paso® canned
- 2.5 cups rotisserie chicken cut shredded (from 2-lb chicken)
- 1 oz taco seasoning old el paso®
- 6 oz cheddar cheese shredded

Equipment

- bowl

- oven
- baking pan
- aluminum foil

Directions

- Heat oven to 375°F. Spray 13x9-inch (3-quart) baking dish with cooking spray.
- Spread 1/4 cup of the enchilada sauce in bottom of baking dish.
- In medium bowl, mix chicken, 1 cup of the Cheddar cheese, the cream cheese and seasoning mix with spoon, breaking apart cream cheese cubes. Spoon slightly less than 1/2 cup filling onto each tortilla.
- Roll up each tortilla tightly; place seam side down in baking dish.
- Drizzle with remaining enchilada sauce.
- Sprinkle with remaining 1/2 cup Cheddar cheese.
- Cover with foil; bake 15 minutes. Uncover and bake 15 minutes longer or until bubbly and lightly browned.

Nutrition Facts

PROTEIN 26.74% **FAT 50.99%** **CARBS 22.27%**

Properties

Glycemic Index:17.6, Glycemic Load:10.26, Inflammation Score:-8, Nutrition Score:14.390869550083%

Nutrients (% of daily need)

Calories: 732.16kcal (36.61%), Fat: 41.63g (64.04%), Saturated Fat: 20.01g (125.08%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 36.78g (13.37%), Sugar: 8.91g (9.9%), Cholesterol: 193.39mg (64.46%), Sodium: 2166.02mg (94.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.11g (98.23%), Selenium: 26.91µg (38.44%), Calcium: 372.12mg (37.21%), Vitamin A: 1860.13IU (37.2%), Phosphorus: 327.94mg (32.79%), Vitamin B2: 0.42mg (24.91%), Vitamin B1: 0.32mg (21.47%), Folate: 67.63µg (16.91%), Iron: 3.01mg (16.7%), Fiber: 4.13g (16.52%), Manganese: 0.3mg (15.24%), Vitamin B3: 2.71mg (13.55%), Zinc: 1.79mg (11.96%), Vitamin B12: 0.46µg (7.67%), Magnesium: 26.47mg (6.62%), Vitamin K: 6.09µg (5.8%), Vitamin B5: 0.5mg (4.97%), Potassium: 161.07mg (4.6%), Vitamin C: 3.69mg (4.47%), Vitamin E: 0.65mg (4.3%), Vitamin B6: 0.08mg (4.21%), Copper: 0.08mg (4.09%), Vitamin D: 0.2µg (1.36%)