



WHATSheATE



Easy Creamy Chicken Enchiladas

READY IN



50 min.

SERVINGS



10

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce cream cheese cut into 1/2-inch cubes
- ☐ 10 6-inch flour tortillas) soft for tacos & fajitas (old el paso®
- ☐ 10 ounce enchilada sauce red old el paso® canned
- ☐ 2.5 cups deli rotisserie chicken shredded
- ☐ 1 ounce fajita seasoning mix
- ☐ 1.5 cups cheddar cheese shredded

Equipment

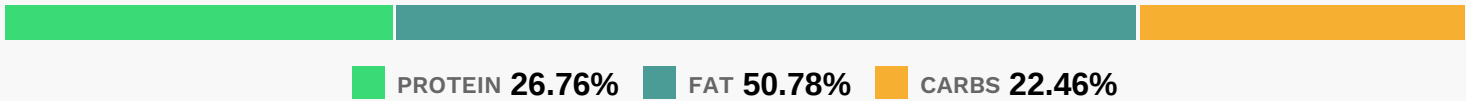
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375 degrees 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



Properties

Glycemic Index:9.3, Glycemic Load:5.17, Inflammation Score:-5, Nutrition Score:9.0869564362194%

Nutrients (% of daily need)

Calories: 368.02kcal (18.4%), Fat: 20.92g (32.18%), Saturated Fat: 10.04g (62.74%), Carbohydrates: 20.81g (6.94%), Net Carbohydrates: 18.07g (6.57%), Sugar: 4.04g (4.49%), Cholesterol: 96.64mg (32.21%), Sodium: 854.61mg (37.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.8g (49.6%), Calcium: 230.91mg (23.09%), Vitamin K: 20.67µg (19.68%), Selenium: 13.56µg (19.38%), Phosphorus: 167.89mg (16.79%), Manganese: 0.29mg (14.69%), Vitamin A: 711.74IU (14.23%), Vitamin B2: 0.23mg (13.32%), Iron: 2.35mg (13.08%), Vitamin B1: 0.17mg (11.07%), Fiber: 2.74g (10.95%), Folate: 40.52µg (10.13%), Vitamin B3: 1.49mg (7.43%), Zinc: 0.97mg (6.47%), Vitamin E: 0.84mg (5.6%), Magnesium: 20.87mg (5.22%), Vitamin B12: 0.23µg (3.83%), Vitamin B6: 0.07mg (3.58%), Potassium: 116.21mg (3.32%), Copper: 0.06mg (2.94%), Vitamin B5: 0.27mg (2.75%)