



## Easy Enchilada

READY IN



30 min.

SERVINGS



6

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 oz four cheese shredded with a touch of philadelphia, divided mexican style kraft
- 12 6-inch flour tortillas ()
- 0.3 tsp garlic powder
- 1 lb ground chicken lean
- 0.3 tsp ground pepper red (cayenne)
- 0.5 tsp onion powder
- 16 oz taco bellâ® & chunky salsa thick divided

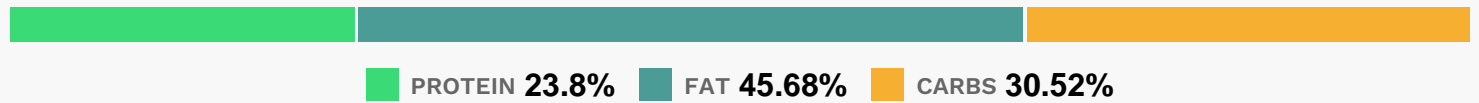
## Equipment

- frying pan
- microwave

## Directions

- Cook chicken in large nonstick skillet sprayed with cooking spray until done, stirring occasionally.
- Remove from heat.
- Add dry seasonings, 1 cup cheese and 1/2 cup salsa; mix well.
- Spread 1/2 cup of the remaining salsa onto each of 2 microwaveable plates. Spoon 1/4 cup chicken mixture down center of each tortilla; roll up.
- Place 6 roll-ups, seam sides down, in single layer on each prepared plate. Top with remaining salsa and cheese. Cover loosely with waxed paper.
- Microwave enchiladas, 1 plate at a time, on HIGH 2 to 3 min. or until cheese is melted and enchiladas are heated through.

## Nutrition Facts



## Properties

Glycemic Index:16.33, Glycemic Load:9.62, Inflammation Score:-7, Nutrition Score:19.659565132597%

## Nutrients (% of daily need)

Calories: 469.2kcal (23.46%), Fat: 23.93g (36.81%), Saturated Fat: 10.77g (67.3%), Carbohydrates: 35.98g (11.99%), Net Carbohydrates: 32.46g (11.8%), Sugar: 5.26g (5.84%), Cholesterol: 102.81mg (34.27%), Sodium: 1230.34mg (53.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.05g (56.1%), Selenium: 32.53µg (46.48%), Phosphorus: 456.88mg (45.69%), Vitamin B3: 7.74mg (38.71%), Calcium: 381.53mg (38.15%), Vitamin B2: 0.54mg (31.96%), Vitamin B6: 0.59mg (29.35%), Vitamin B1: 0.42mg (28.22%), Manganese: 0.4mg (20.15%), Potassium: 698.8mg (19.97%), Zinc: 2.98mg (19.88%), Iron: 3.2mg (17.76%), Folate: 68.39µg (17.1%), Vitamin A: 772.83IU (15.46%), Fiber: 3.52g (14.09%), Vitamin B12: 0.82µg (13.73%), Magnesium: 51.06mg (12.77%), Vitamin B5: 1.24mg (12.35%), Vitamin E: 1.43mg (9.56%), Copper: 0.18mg (8.77%), Vitamin K: 9.08µg (8.64%), Vitamin C: 1.54mg (1.87%), Vitamin D: 0.23µg (1.51%)