



## Easy White Chicken Enchiladas

 Popular

READY IN



40 min.

SERVINGS



6

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounce seasoned chicken cubes cooked
- 4 ounces cream cheese softened
- 6 8-inch flour tortillas ()
- 0.5 cup salsa green
- 1 cup cheese blend shredded mexican-style
- 1.5 cups queso dip white
- 0.5 cup cup heavy whipping cream sour

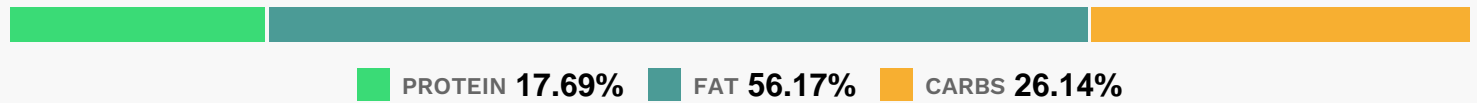
### Equipment

- oven
- baking pan
- glass baking pan

## Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly spray an 8x8-inch glass baking dish with cooking spray.
- Stir together the softened cream cheese, sour cream, and salsa until blended. Fold in chicken and shredded cheese.
- Spread a small amount of white cheese sauce onto the bottom of the baking dish. Evenly divide the filling among the tortillas, and roll into firm cylinders.
- Place into prepared baking dish and cover with remaining sauce.
- Bake in preheated oven until golden and bubbly, about 30 minutes. Allow to rest 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:14.67, Glycemic Load:8.35, Inflammation Score:-6, Nutrition Score:13.612608645273%

## Nutrients (% of daily need)

Calories: 622.63kcal (31.13%), Fat: 39.16g (60.25%), Saturated Fat: 19.99g (124.96%), Carbohydrates: 41.01g (13.67%), Net Carbohydrates: 39.22g (14.26%), Sugar: 14.47g (16.08%), Cholesterol: 83.85mg (27.95%), Sodium: 14856.72mg (645.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.75g (55.51%), Selenium: 32.76µg (46.8%), Calcium: 312.44mg (31.24%), Vitamin B2: 0.52mg (30.36%), Phosphorus: 300.05mg (30%), Vitamin B1: 0.33mg (21.8%), Vitamin B3: 3.7mg (18.52%), Folate: 70.24µg (17.56%), Manganese: 0.35mg (17.34%), Iron: 2.55mg (14.18%), Magnesium: 50.32mg (12.58%), Vitamin A: 618.26IU (12.37%), Vitamin B12: 0.68µg (11.29%), Potassium: 340.27mg (9.72%), Fiber: 1.78g (7.14%), Zinc: 1.02mg (6.83%), Vitamin B5: 0.62mg (6.22%), Vitamin B6: 0.11mg (5.61%), Vitamin K: 4.79µg (4.56%), Vitamin E: 0.53mg (3.54%), Copper: 0.06mg (3.1%), Vitamin C: 1.51mg (1.83%)