

DINNER

Easy White Chicken Enchiladas

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	10 min	30 min	6	\$2.83	623 kcal



Easy White Chicken Enchiladas might be a good recipe to expand your main course recipe box. For \$2.83 per serving, this recipe covers 15% of your daily requirements of vitamins and minerals. This recipe serves 6. One portion of this dish contains about 28g of protein, 39g of fat, and a total of 623...

Ingredients

- ☐ 12 ounce packages seasoned cooked chicken cubes
- ☐ 6 8-inch (8 inch) flour tortillas
- ☐ 1 cup shredded Mexican-style cheese blend
- ☐ ½ cup sour cream
- ☐ 4 ounces cream cheese, softened
- ☐ ½ cup green salsa
- ☐ 1½ cups white cheese sauce, or queso dip

EQUIPMENT Oven, Baking pan, Glass baking pan

Method

- 1 Preheat oven to 375 degrees F (190 degrees C). Lightly spray an 8x8-inch glass baking dish with cooking spray.
- 2 Stir together the softened cream cheese, sour cream, and salsa until blended. Fold in chicken and shredded cheese.
- 3 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.
- 4 Place into prepared baking dish and cover with remaining sauce.
- 5 Bake in preheated oven until golden and bubbly, about 30 minutes. Allow to rest 5 minutes before serving.

Nutrition per serving

623

KCAL

28 g

PROTEIN

39 g

FAT

41 g

CARBS

Saturated Fat	20 g · 125% of daily needs
Fibre	1.8 g · 7% of daily needs
Sugar	14.5 g · 16% of daily needs
Sodium	14,857 mg · 646% of daily needs
Cholesterol	83.9 mg · 28% of daily needs
Vitamin C	1.5 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/easy-white-chicken-enchiladas-147820