



## Enchanted Sour Cream Chicken Enchiladas

 Gluten Free

READY IN



30 min.

SERVINGS



15

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups roasted chicken cubed cooked
- 12 5-inch corn tortillas ()
- 4 ounce to 2 chilies slit green drained chopped canned
- 1 pinch pepper black
- 2 cups monterrey jack cheese shredded
- 0.1 teaspoon salt
- 1 cup cream sour
- 0.5 cup vegetable oil for frying

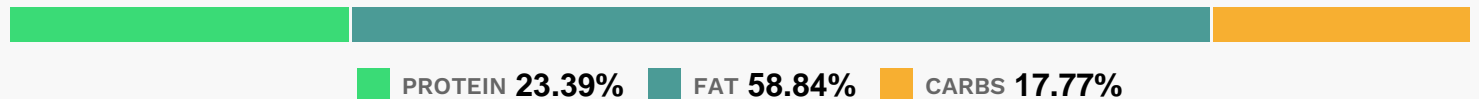
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat an oven to 400 degrees F (200 degrees C). Grease a 9x13 inch baking dish.
- Combine the chicken, sour cream, salt, and pepper in a bowl; set aside.
- Heat the oil in a skillet over medium-high heat. Dip the corn tortillas into the hot oil one at a time until softened, about 10 seconds each. Spoon a heaping tablespoon of chicken mixture onto each tortilla, spread down the center and roll into a cylinder.
- Place seam side down into the prepared baking dish. When all tortillas are filled and rolled, sprinkle the green chiles over all and top with the shredded Monterey Jack cheese.
- Bake in the preheated oven until the cheese has melted and the enchiladas are hot, 12 to 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:7.3, Glycemic Load:2.58, Inflammation Score:-2, Nutrition Score:4.7526087035304%

## Nutrients (% of daily need)

Calories: 161.41kcal (8.07%), Fat: 10.61g (16.32%), Saturated Fat: 5.05g (31.54%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 6.13g (2.23%), Sugar: 0.97g (1.07%), Cholesterol: 36.46mg (12.15%), Sodium: 159.65mg (6.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.97%), Phosphorus: 155.85mg (15.58%), Calcium: 140.86mg (14.09%), Selenium: 8.15µg (11.64%), Vitamin B3: 1.7mg (8.49%), Vitamin B2: 0.12mg (7.09%), Zinc: 0.96mg (6.4%), Vitamin B6: 0.12mg (6.18%), Magnesium: 19.04mg (4.76%), Vitamin A: 219.34IU (4.39%), Fiber: 1.08g (4.33%), Vitamin B12: 0.21µg (3.52%), Vitamin K: 3.29µg (3.13%), Iron: 0.51mg (2.83%), Potassium: 98.76mg (2.82%), Vitamin B5: 0.28mg (2.79%), Manganese: 0.05mg (2.52%), Vitamin B1: 0.03mg (1.95%), Copper: 0.04mg (1.93%), Vitamin E: 0.25mg (1.69%), Folate: 5.23µg (1.31%), Vitamin C: 1.05mg (1.27%)