



Fiesta Chicken Enchiladas

READY IN



45 min.

SERVINGS



45

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp chili powder
- 2 oz philadelphia neufchatel cheese cubed ()
- 1 large and pepper green red chopped
- 0.8 cup taco bellâ® & chunky salsa thick divided
- 0.8 cup milk four cheese shredded 2% mexican style divided kraft finely
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 8 6-inch tortillas whole wheat ()

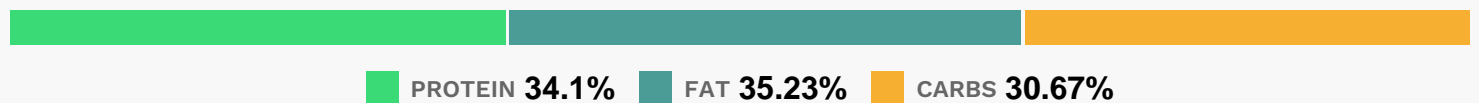
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 375F.
- Cook chicken, peppers and chili powder in large skillet sprayed with cooking spray on medium heat 8 min. or until chicken is done, stirring frequently. Stir in 1/4 cup salsa and Neufchatel; cook and stir 3 to 5 min. or until Neufchatel is completely melted and mixture is well blended. Stir in 1/4 cup shredded cheese.
- Spoon heaping 1/3 cup chicken mixture down center of each tortilla; roll up.
- Place, seam sides down, in 13x9-inch baking dish sprayed with cooking spray; top with remaining salsa and shredded cheese. Cover.
- Bake 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:1.91, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.7243478220442%

Nutrients (% of daily need)

Calories: 36.48kcal (1.82%), Fat: 1.43g (2.2%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.34g (0.85%), Sugar: 0.42g (0.47%), Cholesterol: 9.61mg (3.2%), Sodium: 104.5mg (4.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Vitamin B3: 1.15mg (5.74%), Selenium: 3.71µg (5.31%), Vitamin B6: 0.1mg (4.9%), Phosphorus: 33.29mg (3.33%), Calcium: 24.42mg (2.44%), Vitamin B2: 0.04mg (2.13%), Vitamin A: 97.8IU (1.96%), Vitamin B5: 0.19mg (1.86%), Fiber: 0.45g (1.81%), Potassium: 55.7mg (1.59%), Iron: 0.22mg (1.21%), Vitamin B12: 0.07µg (1.1%), Zinc: 0.16mg (1.05%), Magnesium: 4.17mg (1.04%)