



Fiesta Chicken Enchiladas

READY IN



35 min.

SERVINGS



8

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces philadelphia cream cheese cubed
- ☐ 8 6-inch flour tortillas ()
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup cheddar & monterey jack cheese shredded divided kraft
- ☐ 1 small onion chopped
- ☐ 1 cup taco bell® home originals® 'n chunky salsa thick divided
- ☐ 1 pound chicken breasts shredded boneless skinless cooked

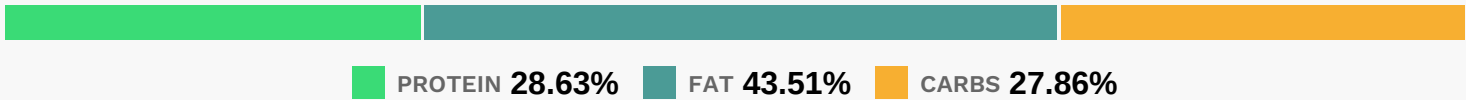
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350 degrees F.
- ☐ Cook and stir onions and garlic in large skillet spayed with cooking spray on medium heat 2 min.
- ☐ Add chicken, 1/4 cup salsa, cream cheese, cilantro and cumin; mix well. Cook 5 min. or until heated through, stirring occasionally.
- ☐ Add 1/2 cup shredded cheese; mix well.
- ☐ Spoon about 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.
- ☐ Bake 15 to 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:5.14, Inflammation Score:-5, Nutrition Score:12.345217515593%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 273.17kcal (13.66%), Fat: 13.15g (20.23%), Saturated Fat: 6.77g (42.33%), Carbohydrates: 18.94g (6.31%), Net Carbohydrates: 17.12g (6.23%), Sugar: 3.34g (3.71%), Cholesterol: 63.18mg (21.06%), Sodium: 629.89mg (27.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.46g (38.93%), Selenium: 28.5µg (40.72%), Vitamin

B3: 7.65mg (38.27%), Phosphorus: 273.53mg (27.35%), Vitamin B6: 0.54mg (26.75%), Calcium: 179.91mg (17.99%), Vitamin B2: 0.24mg (14.3%), Vitamin B1: 0.21mg (14.02%), Manganese: 0.22mg (11.13%), Potassium: 380.3mg (10.87%), Vitamin B5: 1.05mg (10.47%), Iron: 1.74mg (9.69%), Vitamin A: 478.76IU (9.58%), Folate: 37.32µg (9.33%), Magnesium: 33.2mg (8.3%), Fiber: 1.82g (7.28%), Zinc: 1.08mg (7.19%), Vitamin E: 0.67mg (4.5%), Vitamin B12: 0.26µg (4.36%), Vitamin K: 4.5µg (4.28%), Copper: 0.08mg (4.08%), Vitamin C: 2.1mg (2.54%)