



Fiesta Chicken Enchiladas

READY IN



45 min.

SERVINGS



45

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz philadelphia cream cheese cubed ()
- 8 6-inch flour tortillas ()
- 1 Tbsp cilantro leaves fresh chopped
- 1 clove garlic minced
- 1 tsp ground cumin
- 1 cup cheddar & monterey jack cheeses shredded divided kraft
- 1 small onion chopped
- 1 cup taco bellâ® & chunky salsa thick divided
- 1 lb chicken breasts shredded boneless skinless cooked

Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Cook and stir onions and garlic in large skillet sprayed 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:4.04, Glycemic Load:0.91, Inflammation Score:-1, Nutrition Score:2.1943478396405%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 48.56kcal (2.43%), Fat: 2.34g (3.6%), Saturated Fat: 1.2g (7.53%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 3.04g (1.11%), Sugar: 0.59g (0.66%), Cholesterol: 11.23mg (3.74%), Sodium: 111.98mg (4.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Selenium: 5.07µg (7.24%), Vitamin B3: 1.36mg

(6.8%), Phosphorus: 48.63mg (4.86%), Vitamin B6: 0.1mg (4.76%), Calcium: 31.98mg (3.2%), Vitamin B2: 0.04mg (2.54%), Vitamin B1: 0.04mg (2.49%), Manganese: 0.04mg (1.98%), Potassium: 67.61mg (1.93%), Vitamin B5: 0.19mg (1.86%), Iron: 0.31mg (1.72%), Vitamin A: 85.11IU (1.7%), Folate: 6.63µg (1.66%), Magnesium: 5.9mg (1.48%), Fiber: 0.32g (1.29%), Zinc: 0.19mg (1.28%)