



Green Chile Chicken Enchiladas

READY IN



45 min.

SERVINGS



4

CALORIES



759 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 19 ounce enchilada sauce canned
- ☐ 4 10-inch flour tortillas warmed
- ☐ 2 tablespoons chiles diced green rinsed drained
- ☐ 2 cups rotisserie chicken cut shredded
- ☐ 0.5 cup salad dressing hidden valley® original ranch®
- ☐ 1.5 cups cheddar cheese shredded divided
- ☐ 0.3 cup cup heavy whipping cream sour

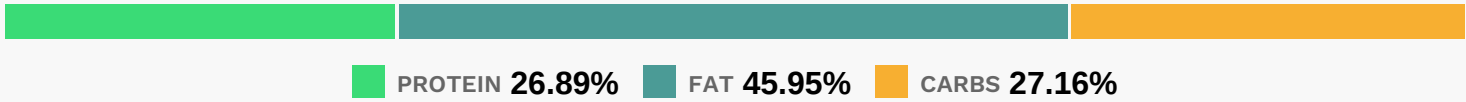
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ In a medium bowl, combine the chicken, 3/4 cup of the cheese, dressing, sour cream and green chiles and stir until well blended. Divide the mixture evenly between the tortillas, and roll the tortillas.
- ☐ Place the tortillas, seam side down in an oiled 9-inch baking dish. Spoon the enchilada sauce around the tortillas and top with the remaining cheese.
- ☐ Bake for 20 minutes or until the cheese is melted and is bubbly.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:11.2, Inflammation Score:-8, Nutrition Score:16.257391224737%

Nutrients (% of daily need)

Calories: 759.15kcal (37.96%), Fat: 38.67g (59.5%), Saturated Fat: 15.07g (94.17%), Carbohydrates: 51.42g (17.14%), Net Carbohydrates: 46.55g (16.93%), Sugar: 15.4g (17.11%), Cholesterol: 164.42mg (54.81%), Sodium: 2696.24mg (117.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.92g (101.84%), Calcium: 422.83mg (42.28%), Selenium: 28.74µg (41.06%), Phosphorus: 354.43mg (35.44%), Vitamin A: 1432.36IU (28.65%), Vitamin B1: 0.37mg (24.93%), Vitamin B2: 0.41mg (24.16%), Vitamin K: 22.72µg (21.64%), Iron: 3.6mg (20.02%), Folate: 79.61µg (19.9%), Fiber: 4.87g (19.47%), Manganese: 0.36mg (18.04%), Vitamin B3: 3.21mg (16.07%), Zinc: 2mg (13.34%), Vitamin B12: 0.48µg (7.99%), Magnesium: 30.05mg (7.51%), Vitamin E: 1.02mg (6.77%), Vitamin C: 5.51mg (6.67%), Vitamin B6: 0.1mg (5.21%), Potassium: 171.25mg (4.89%), Copper: 0.09mg (4.75%), Vitamin B5: 0.34mg (3.44%), Vitamin D: 0.25µg (1.69%)