



Green-Sauced Chicken Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces cheddar cheese shredded white divided
- 1 pound chicken breast strips/pre-cooked/chopped cooked finely chopped
- 8 6-inch corn tortillas ()
- 4 servings enchilada sauce green

Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 35
- Heat a large nonstick skillet over medium-high heat until hot.
- Add tortillas; cook 1 minute on each side or until soft.
- Spread 2 tablespoons Green Enchilada Sauce over each soft tortilla, spreading to edges; top each with 1 tablespoon cheese.
- Roll up and place, seam sides down, in a 13 x 9-inch baking dish coated with cooking spray. Spoon the chicken evenly over tortillas; top with remaining Green Enchilada Sauce.
- Sprinkle with 1/2 cup cheese. Cover and bake at 350 for 15 minutes.
- (Totals include Green Enchilada Sauce)

Nutrition Facts

PROTEIN 42.06% **FAT 31.38%** **CARBS 26.56%**

Properties

Glycemic Index:19.38, Glycemic Load:10.24, Inflammation Score:-6, Nutrition Score:19.00739133358%

Nutrients (% of daily need)

Calories: 440.13kcal (22.01%), Fat: 15.17g (23.34%), Saturated Fat: 6.82g (42.65%), Carbohydrates: 28.88g (9.63%), Net Carbohydrates: 24.59g (8.94%), Sugar: 4.55g (5.06%), Cholesterol: 124.74mg (41.58%), Sodium: 812.92mg (35.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.75g (91.5%), Vitamin B3: 16.34mg (81.72%), Selenium: 42.49µg (60.7%), Phosphorus: 551.67mg (55.17%), Vitamin B6: 0.81mg (40.69%), Calcium: 259.56mg (25.96%), Magnesium: 77.98mg (19.49%), Zinc: 2.86mg (19.04%), Fiber: 4.3g (17.18%), Vitamin B2: 0.29mg (16.95%), Vitamin A: 709.12IU (14.18%), Vitamin B5: 1.27mg (12.68%), Iron: 2.22mg (12.36%), Potassium: 408.85mg (11.68%), Vitamin B12: 0.69µg (11.43%), Manganese: 0.19mg (9.58%), Vitamin B1: 0.14mg (9.1%), Copper: 0.14mg (7.25%), Vitamin E: 0.66mg (4.43%), Folate: 13.09µg (3.27%), Vitamin D: 0.28µg (1.89%), Vitamin C: 1.2mg (1.45%)