



Healthier Chicken Enchiladas II

READY IN



50 min.

SERVINGS



6

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1.5 cups rotisserie chicken breast meat cubed cooked
- ☐ 10.8 ounce natural cream of mushroom soup canned
- ☐ 0.3 pound cremini mushrooms sliced
- ☐ 6 12-inch flour tortillas whole wheat
- ☐ 2 cloves garlic minced
- ☐ 4 ounce chiles diced green canned
- ☐ 0.5 cup green onions chopped
- ☐ 0.3 cup milk low-fat

- ☐ 0.5 cup cheddar cheese shredded reduced-fat
- ☐ 0.5 cup cup heavy whipping cream sour low-fat
- ☐ 1 cup pinto beans

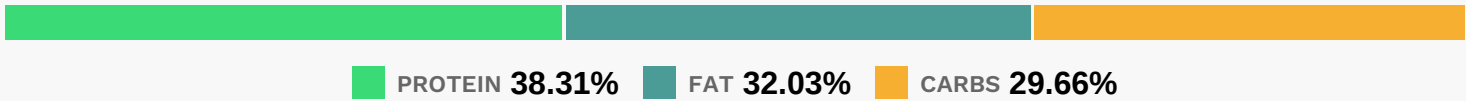
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large baking dish.
- ☐ Melt the butter in a skillet over medium heat. Cook and stir green onion and garlic until fragrant, about 2 minutes.
- ☐ Add mushrooms and cook until lightly browned and tender, about 6 minutes. Stir in green chilies, cream of mushroom soup, and sour cream.
- ☐ Mix well. Reserve 3/4 this sauce in a bowl and set aside.
- ☐ Mix in chicken, pinto beans, and 1/2 cup of shredded Cheddar cheese to the remaining 1/4 of sauce in saucepan; stir together.
- ☐ Fill each tortilla with chicken mixture and roll up.
- ☐ Place seam side down in the prepared baking dish.
- ☐ Combine reserved 3/4 sauce with milk in a small bowl. Spoon this mixture over the rolled tortillas and top with remaining 1/2 cup shredded Cheddar cheese.
- ☐ Bake in the preheated oven until cheese is bubbly and enchiladas are heated through, 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:22.58, Glycemic Load:1.37, Inflammation Score:-5, Nutrition Score:13.261739082958%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 208.49kcal (10.42%), Fat: 7.45g (11.46%), Saturated Fat: 3.95g (24.67%), Carbohydrates: 15.51g (5.17%), Net Carbohydrates: 12.06g (4.39%), Sugar: 1.21g (1.35%), Cholesterol: 46.48mg (15.49%), Sodium: 556.37mg (24.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.03g (40.07%), Vitamin B3: 6.31mg (31.57%), Selenium: 19.4µg (27.71%), Phosphorus: 239.24mg (23.92%), Folate: 78.12µg (19.53%), Manganese: 0.39mg (19.29%), Vitamin B6: 0.37mg (18.73%), Vitamin K: 18.71µg (17.82%), Vitamin B2: 0.25mg (14.95%), Copper: 0.29mg (14.74%), Fiber: 3.45g (13.78%), Potassium: 477.57mg (13.64%), Zinc: 1.79mg (11.96%), Calcium: 117.8mg (11.78%), Vitamin C: 8.74mg (10.6%), Iron: 1.87mg (10.4%), Magnesium: 38.35mg (9.59%), Vitamin B1: 0.14mg (9.04%), Vitamin B5: 0.87mg (8.67%), Vitamin B12: 0.41µg (6.83%), Vitamin A: 274.37IU (5.49%), Vitamin E: 0.54mg (3.58%), Vitamin D: 0.21µg (1.4%)