



Healthified Creamy Chicken Enchiladas

READY IN



70 min.

SERVINGS



8

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 oz chilis green chopped canned
- ☐ 2 cups chicken shredded cooked
- ☐ 3 tablespoons flour all-purpose gold medal®
- ☐ 8 7-inch flour tortilla (6 or)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup corn green frozen thawed giant® niblets®
- ☐ 2 teaspoons garlic finely chopped
- ☐ 0.3 cup spring onion sliced
- ☐ 0.5 teaspoon ground coriander

- ☐ 4 oz reduced fat mexican blend cheese shredded reduced-fat
- ☐ 0.5 cup cream sour reduced-fat
- ☐ 2 cups chicken broth reduced-sodium progresso® (from 32-oz carton)
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped (1 medium)
- ☐ 0.1 teaspoon pepper
- ☐ 0.8 cup tomatoes chopped

Equipment

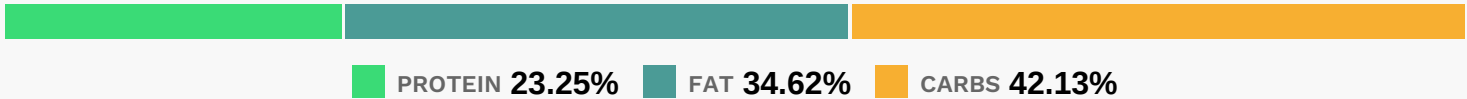
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In 10-inch nonstick skillet, heat oil over medium heat.
- ☐ Add onion and garlic; cook 3 to 4 minutes, stirring occasionally, until onion is tender. In medium bowl, stir broth, flour, coriander and pepper with wire whisk until blended. Slowly add to hot mixture in skillet, stirring constantly. Cook and stir 5 to 6 minutes, until mixture boils and thickens slightly.
- ☐ Remove from heat. Stir in sour cream until well blended.
- ☐ In another medium bowl, mix chicken, corn, 1/2 cup of the cheese, the chiles, cilantro and 1/2 cup of the sauce.

- ☐ Place 2 tortillas at a time on microwavable plate; cover with paper towel. Microwave on High 10 to 15 seconds or until softened. Spoon about 1/3 cup chicken mixture down center of each warm tortilla.
- ☐ Roll up tortillas; arrange, seam sides down, in baking dish. Top enchiladas with remaining sauce. Cover with foil.
- ☐ Bake 30 to 35 minutes or until sauce is bubbly.
- ☐ Remove from oven. Uncover; sprinkle with remaining 1/2 cup cheese.
- ☐ Let stand 5 minutes before serving. Just before serving, top with tomato and green onions.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:9.2, Inflammation Score:-6, Nutrition Score:14.283043428608%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 326.64kcal (16.33%), Fat: 12.68g (19.51%), Saturated Fat: 4.96g (31.01%), Carbohydrates: 34.72g (11.57%), Net Carbohydrates: 31.68g (11.52%), Sugar: 2.78g (3.09%), Cholesterol: 40.07mg (13.36%), Sodium: 570.87mg (24.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.16g (38.32%), Selenium: 22.89µg (32.7%), Vitamin B3: 6.36mg (31.78%), Phosphorus: 304.6mg (30.46%), Calcium: 272.67mg (27.27%), Vitamin B1: 0.32mg (21.44%), Folate: 77.75µg (19.44%), Vitamin B2: 0.31mg (17.96%), Manganese: 0.34mg (16.99%), Iron: 2.89mg (16.05%), Vitamin B6: 0.28mg (14.19%), Vitamin K: 13.9µg (13.24%), Vitamin C: 10.7mg (12.98%), Fiber: 3.04g (12.17%), Zinc: 1.76mg (11.77%), Potassium: 377.67mg (10.79%), Magnesium: 36.26mg (9.07%), Vitamin B12: 0.46µg (7.6%), Vitamin A: 347.18IU (6.94%), Copper: 0.14mg (6.87%), Vitamin B5: 0.54mg (5.37%), Vitamin E: 0.43mg (2.86%)