



Healthy Chicken Enchiladas

READY IN



45 min.

SERVINGS



6

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce canned tomatoes diced green drained canned
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 16 ounce cream cheese fat-free softened
- ☐ 10 7-inch flour tortillas ()
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 jalapeño peppers seeded chopped
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 2 plum tomatoes coarsely chopped
- ☐ 8 ounces cheddar cheese fat-free shredded divided

- ☐ 8 ounces mozzarella cheese fat-free shredded divided
- ☐ 5 small tomatillos coarsely chopped
- ☐ 0.5 medium size onion yellow coarsely chopped

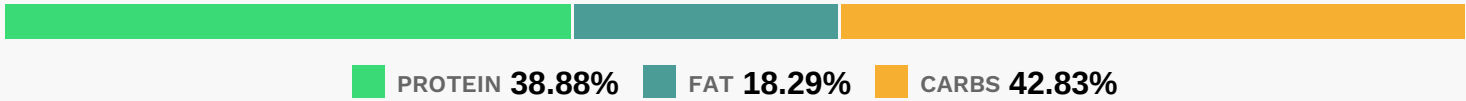
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Process first 4 ingredients in a food processor or blender, stopping to scrape down sides.
- ☐ Stir together half of Cheddar, half of mozzarella, cream cheese, and next 3 ingredients. Stir in chopped chicken. Spoon mixture evenly onto 1 side of each tortilla; roll up, and place, seam sides down, in a 11- x 7-inch baking dish.
- ☐ Sprinkle with remaining cheeses; top with tomato sauce.
- ☐ Bake at 350 for 35 minutes.
- ☐ Serve with black beans and rice.
- ☐ NOTE: If you don't have time to spare for the prep work, you can easily make this dish ahead. Cover and chill enchiladas up to 8 hours before baking, if desired. To serve, uncover and bake at 350 for 40 to 45 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:13.39, Inflammation Score:-8, Nutrition Score:32.212174166804%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 537.53kcal (26.88%), Fat: 10.89g (16.76%), Saturated Fat: 3.87g (24.18%), Carbohydrates: 57.4g (19.13%), Net Carbohydrates: 52.03g (18.92%), Sugar: 15.66g (17.4%), Cholesterol: 55.03mg (18.34%), Sodium: 2059.1mg (89.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.11g (104.22%), Phosphorus: 1286.22mg (128.62%), Calcium: 1031.04mg (103.1%), Selenium: 47.71µg (68.16%), Vitamin B2: 0.83mg (48.95%), Vitamin B3: 8.94mg (44.72%), Vitamin B1: 0.54mg (35.84%), Zinc: 5.3mg (35.32%), Folate: 129.9µg (32.47%), Manganese: 0.57mg (28.75%), Vitamin B12: 1.64µg (27.4%), Iron: 4.66mg (25.87%), Potassium: 873.96mg (24.97%), Vitamin A: 1242.03IU (24.84%), Vitamin B6: 0.48mg (23.82%), Magnesium: 88.93mg (22.23%), Fiber: 5.37g (21.49%), Vitamin C: 17.07mg (20.69%), Vitamin K: 19.33µg (18.41%), Copper: 0.29mg (14.67%), Vitamin B5: 1.44mg (14.4%), Vitamin E: 1.18mg (7.88%)