



## Homemade Chicken Enchiladas

READY IN



35 min.

SERVINGS



8

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounce tomato sauce canned
- 2 chicken breasts shredded cooked
- 1 tablespoon chili powder
- 1 cup cream cheese
- 1 tablespoon parsley dried
- 2 cups enchilada sauce
- 8 10-inch flour tortillas ()
- 1.5 cloves garlic chopped
- 1 bell pepper diced green

- 0.5 teaspoon ground pepper black
- 1 cup monterrey jack cheese shredded
- 1 tablespoon olive oil
- 1 onion diced
- 1 teaspoon oregano dried
- 0.5 teaspoon salt

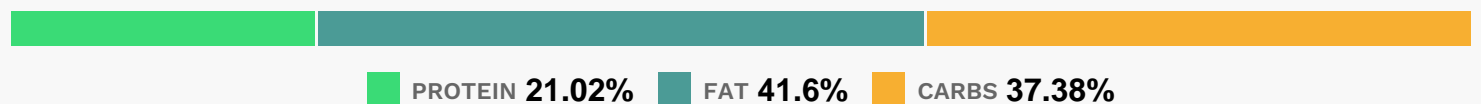
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Heat olive oil in a skillet over medium heat. Cook and stir chicken, onion, green bell pepper, garlic, cream cheese, and 1 cup Monterey Jack cheese in hot oil until the cheese melts, about 5 minutes. Stir tomato sauce, chili powder, parsley, oregano, salt, and black pepper into the chicken mixture.
- Divide mixture evenly into tortillas, roll the tortillas around the filling, and arrange in a baking dish. Cover with enchilada sauce and remaining 1 cup Monterey Jack cheese.
- Bake in preheated oven until cheese topping melts and begins to brown, about 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:29.63, Glycemic Load:12.68, Inflammation Score:-9, Nutrition Score:20.445217096287%

## Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

## Nutrients (% of daily need)

Calories: 503.22kcal (25.16%), Fat: 23.29g (35.83%), Saturated Fat: 11.22g (70.12%), Carbohydrates: 47.1g (15.7%), Net Carbohydrates: 41.78g (15.19%), Sugar: 10.68g (11.86%), Cholesterol: 77.78mg (25.93%), Sodium: 1657.11mg (72.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.95%), Vitamin B3: 9.8mg (49.01%), Selenium: 32.69µg (46.7%), Phosphorus: 362.15mg (36.21%), Vitamin A: 1490.74IU (29.81%), Vitamin B1: 0.42mg (28.21%), Calcium: 265.46mg (26.55%), Manganese: 0.53mg (26.51%), Vitamin B2: 0.43mg (25.1%), Iron: 4.42mg (24.58%), Vitamin B6: 0.46mg (23.07%), Vitamin C: 18.4mg (22.3%), Fiber: 5.32g (21.27%), Folate: 82.86µg (20.72%), Vitamin K: 16.04µg (15.28%), Potassium: 483.78mg (13.82%), Vitamin E: 1.92mg (12.82%), Magnesium: 48.6mg (12.15%), Zinc: 1.6mg (10.65%), Copper: 0.2mg (9.84%), Vitamin B5: 0.94mg (9.36%), Vitamin B12: 0.33µg (5.43%)