


HEALTH SCORE 58%

Italian-Style Enchiladas

READY IN



30 min.

SERVINGS



3

CALORIES



953 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 roasted chicken breast halves
- ☐ 6 6-inch flour tortillas
- ☐ 1 green onion sliced
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 3 oil-packed tomato halves dried drained
- ☐ 15 ounces tomato basil sauce refrigerated classico®

Equipment

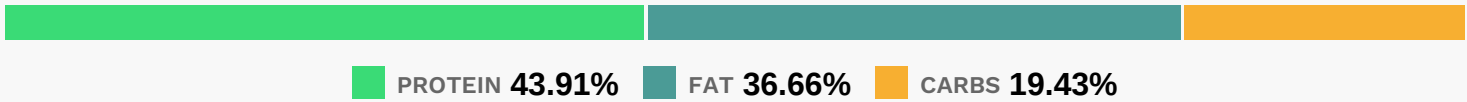
- ☐ sauce pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ In a small saucepan, heat Classico® Tomato and Basil pasta sauce until heated through. Meanwhile, remove bones from chicken; cut meat into bite-size strips.
- ☐ Finely chop dried tomatoes. Toss together the chicken, tomatoes, 1/2 cup of the cheese, and green onion.
- ☐ To assemble enchiladas, coat a 2-quart rectangular baking dish with nonstick cooking spray.
- ☐ Spread 2 tablespoons of the Classico® Tomato and Basil pasta sauce over bottom of the dish. Spoon about 1/4 cup of the chicken mixture just below center of each tortilla.
- ☐ Roll up.
- ☐ Place seam-side down in dish. Repeat with remaining chicken mixture and tortillas.
- ☐ Pour remaining pasta sauce over enchiladas.
- ☐ Sprinkle with remaining cheese.
- ☐ Bake in a 450 degree F oven for 10 to 12 minutes or until heated through and cheese is melted. If desired, garnish sliced green onions.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:9.49, Inflammation Score:-9, Nutrition Score:42.220434644948%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 953.23kcal (47.66%), Fat: 37.67g (57.95%), Saturated Fat: 13.25g (82.83%), Carbohydrates: 44.93g (14.98%), Net Carbohydrates: 38.19g (13.89%), Sugar: 12.71g (14.13%), Cholesterol: 161.59mg (53.86%), Sodium: 1993.26mg (86.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 101.53g (203.06%), Selenium: 179.71µg (256.73%), Vitamin B3: 39.51mg (197.56%), Phosphorus: 1082.46mg (108.25%), Vitamin K: 88.69µg (84.46%), Vitamin D: 11.73µg (78.2%), Vitamin B12: 4.44µg (74.04%), Vitamin B6: 0.94mg (47.13%), Calcium: 456.13mg

(45.61%), Vitamin B2: 0.65mg (38.47%), Iron: 6.89mg (38.26%), Potassium: 1215.59mg (34.73%), Vitamin B1: 0.45mg (30.3%), Zinc: 4.14mg (27.6%), Magnesium: 110.12mg (27.53%), Fiber: 6.74g (26.96%), Vitamin A: 1335IU (26.7%), Folate: 78.83µg (19.71%), Vitamin B5: 1.92mg (19.16%), Manganese: 0.35mg (17.6%), Copper: 0.25mg (12.73%), Vitamin E: 1.91mg (12.72%), Vitamin C: 7.56mg (9.16%)