



## Jalapeno Chicken Enchiladas

READY IN



60 min.

SERVINGS



10

CALORIES



850 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 30 ounces tomato sauce divided canned
- 40 ounces cream of chicken soup undiluted canned
- 4 cups cream sour
- 4 jalapeno seeded chopped
- 1 teaspoon onion salt
- 0.3 teaspoon pepper
- 4 cups roasted chicken cubed cooked
- 3 cups cheddar cheese shredded divided
- 20 8-inch flour tortilla warmed (es)

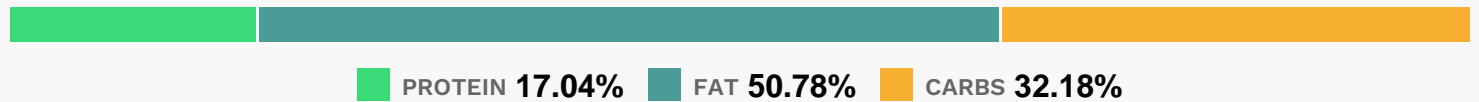
# Equipment

- bowl
- oven

# Directions

- In each of two greased 13x9-in. baking dishes, spread 1/2 cup of tomato sauce; set aside. In a large bowl, combine the soup, sour cream, jalapenos, onion salt and pepper. Stir in chicken and 2 cups cheese.
- Spread about 1/2 cup chicken mixture down the center of each tortilla.
- Roll up and place seam side down in prepared dishes. Top with remaining tomato sauce; sprinkle with the remaining cheese.
- Cover and bake one casserole at 350&deg; for 35–45 minutes or until edges are bubbly. Cover and freeze remaining casserole for up to 1 month.
- To use frozen casserole: Thaw in the refrigerator overnight.
- Bake, covered, at 350&deg; for 40–45 minutes or until edges are bubbly.

# Nutrition Facts



# Properties

Glycemic Index:21.3, Glycemic Load:21.16, Inflammation Score:-8, Nutrition Score:28.91391287161%

# Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

# Nutrients (% of daily need)

Calories: 850.33kcal (42.52%), Fat: 48.06g (73.93%), Saturated Fat: 21.76g (135.99%), Carbohydrates: 68.51g (22.84%), Net Carbohydrates: 63.49g (23.09%), Sugar: 10.9g (12.12%), Cholesterol: 139.25mg (46.42%), Sodium: 2474.86mg (107.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.29g (72.58%), Selenium: 52.21µg (74.59%), Phosphorus: 602.47mg (60.25%), Vitamin B3: 10.38mg (51.92%), Calcium: 517.05mg (51.71%), Vitamin B2: 0.79mg (46.2%), Vitamin B1: 0.61mg (40.9%), Iron: 6.54mg (36.32%), Manganese: 0.71mg (35.37%), Vitamin A: 1571.08IU (31.42%), Folate: 122.76µg (30.69%), Zinc: 3.46mg (23.1%), Vitamin B6: 0.46mg (22.89%), Copper: 0.41mg

(20.61%), Potassium: 719.6mg (20.56%), Fiber: 5.02g (20.06%), Magnesium: 70.78mg (17.69%), Vitamin E: 2.64mg (17.61%), Vitamin K: 17.69µg (16.84%), Vitamin B5: 1.66mg (16.6%), Vitamin C: 13.54mg (16.41%), Vitamin B12: 0.71µg (11.92%), Vitamin D: 0.2µg (1.36%)