



Light and Creamy Chicken Enchiladas

READY IN



50 min.

SERVINGS



6

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 oz chilis green undrained chopped canned
- ☐ 1.5 cups roasted chicken cooked chopped
- ☐ 1 cup yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 12 7-inch flour tortilla white (6 or)
- ☐ 0.3 cup spring onion sliced
- ☐ 6 servings lettuce shredded
- ☐ 10.8 oz condensed 98%-fat-free cream of chicken soup 30% with less sodium canned
- ☐ 4 oz cheddar cheese shredded reduced-fat
- ☐ 8 oz cream sour reduced-fat

☐ 6 servings tomatoes chopped

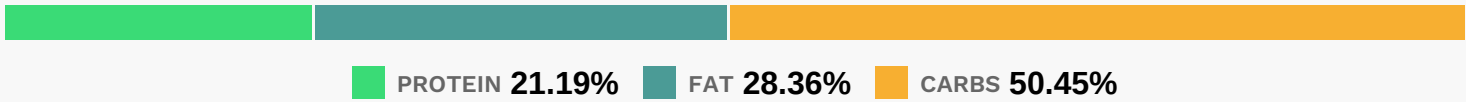
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In medium bowl, mix sour cream, yogurt, soup and chiles.
- ☐ Spoon about 3 tablespoons sour cream mixture down center of each tortilla. Reserve 1/4 cup of the cheese; sprinkle tortillas with remaining cheese, chicken and onions.
- ☐ Roll up; place in baking dish. Spoon remaining sour cream mixture over tortillas. Cover with foil.
- ☐ Bake 25 to 30 minutes or until hot and bubbly.
- ☐ Sprinkle with reserved 1/4 cup cheese.
- ☐ Bake uncovered 5 minutes longer or until cheese is melted.
- ☐ Garnish with shredded lettuce and chopped tomatoes.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:16.76, Inflammation Score:-9, Nutrition Score:28.998695658601%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 526.04kcal (26.3%), Fat: 16.65g (25.62%), Saturated Fat: 7.17g (44.79%), Carbohydrates: 66.65g (22.22%), Net Carbohydrates: 59.33g (21.57%), Sugar: 13.73g (15.25%), Cholesterol: 46.3mg (15.43%), Sodium: 1181.4mg (51.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.99g (55.99%), Phosphorus: 504.02mg (50.4%), Selenium: 34.69µg (49.55%), Vitamin K: 51.3µg (48.86%), Vitamin A: 2358.89IU (47.18%), Vitamin C: 35.91mg (43.53%), Vitamin B1: 0.63mg (41.93%), Folate: 166.33µg (41.58%), Vitamin B3: 8.25mg (41.23%), Calcium: 396.18mg (39.62%), Manganese: 0.79mg (39.34%), Potassium: 1205.02mg (34.43%), Vitamin B2: 0.56mg (32.93%), Fiber: 7.32g (29.3%), Iron: 5.1mg (28.34%), Vitamin B6: 0.44mg (22.25%), Magnesium: 69.87mg (17.47%), Zinc: 2.42mg (16.16%), Copper: 0.26mg (13.18%), Vitamin B5: 1.05mg (10.5%), Vitamin B12: 0.6µg (10.03%), Vitamin E: 1.28mg (8.53%)