



Light and Creamy Chicken Enchiladas

READY IN



50 min.

SERVINGS



6

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 oz chilis green undrained chopped old el paso® 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
- 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

Equipment

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

Directions

- Heat oven to 350°F. 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



PROTEIN 21.52% **FAT 30.57%** **CARBS 47.91%**

Properties

Glycemic Index:11, Glycemic Load:14.42, Inflammation Score:-6, Nutrition Score:19.046956575435%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 481.18kcal (24.06%), Fat: 16.17g (24.87%), Saturated Fat: 7.1g (44.37%), Carbohydrates: 57.01g (19%), Net Carbohydrates: 52.91g (19.24%), Sugar: 7.24g (8.04%), Cholesterol: 46.3mg (15.43%), Sodium: 1163.5mg (50.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.61g (51.22%), Selenium: 34.6µg (49.42%), Phosphorus: 443.02mg (44.3%), Calcium: 362.16mg (36.22%), Vitamin B3: 7.07mg (35.33%), Vitamin B1: 0.53mg (35.06%), Vitamin B2: 0.5mg (29.6%), Folate: 113.52µg (28.38%), Iron: 4.25mg (23.61%), Manganese: 0.47mg (23.51%), Potassium: 652.93mg (18.66%), Fiber: 4.1g (16.38%), Vitamin K: 15.63µg (14.89%), Zinc: 1.98mg (13.23%), Vitamin B6: 0.26mg (13.18%), Magnesium: 43.84mg (10.96%), Vitamin C: 8.76mg (10.62%), Vitamin B12: 0.6µg (10.03%), Vitamin A: 412.71IU (8.25%), Vitamin B5: 0.81mg (8.08%), Copper: 0.14mg (6.76%)