



Low-Fat Sour Cream Chicken Enchiladas

READY IN

ready

55 min.

SERVINGS

servings

8

CALORIES

calories

323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce canned tomatoes diced with green chile peppers such as ro*tel® canned
- ☐ 2 cups colby-pepperjack cheese shredded divided
- ☐ 10.8 ounce cream of chicken soup reduced-fat canned
- ☐ 8 flour tortillas
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 4 ounce chiles diced green canned
- ☐ 1 cup onion chopped
- ☐ 1 cup meat from a rotisserie chicken shredded cooked to taste
- ☐ 16 ounce cup heavy whipping cream fat-free sour

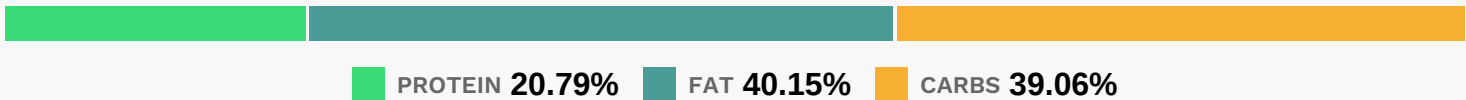
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Mix sour cream, cream of chicken soup, and cilantro in a saucepan over medium heat; cook, stirring occasionally, until heated through, 3 to 5 minutes.
- ☐ Remove from heat.
- ☐ Spray a large skillet with cooking spray; add tomatoes with green chile peppers, chicken, onion, and green chiles. Cook and stir mixture over medium heat until onion is transparent, 5 to 10 minutes.
- ☐ Place tortillas on a microwave-safe plate; heat in the microwave until warm and flexible, about 10 seconds.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray an 8x11-inch baking dish with cooking spray.
- ☐ Spoon 2 to 3 tablespoons chicken mixture down the center of each tortilla; sprinkle filling with about 1 tablespoon Colby-pepperjack cheese.
- ☐ Roll each tortilla around the filling and place seam side down into the prepared baking dish. Top tortillas with sour cream sauce; sprinkle remaining cheese over sour cream layer.
- ☐ Bake in the preheated oven until sauce is bubbling and cheese is melted, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:6.32, Inflammation Score:-5, Nutrition Score:11.559130399123%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 323.2kcal (16.16%), Fat: 14.37g (22.11%), Saturated Fat: 7.25g (45.3%), Carbohydrates: 31.47g (10.49%), Net Carbohydrates: 28.67g (10.42%), Sugar: 3.71g (4.12%), Cholesterol: 46.42mg (15.47%), Sodium: 925.9mg (40.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.75g (33.49%), Calcium: 342.59mg (34.26%), Phosphorus: 293.89mg (29.39%), Selenium: 18.96µg (27.09%), Vitamin B2: 0.33mg (19.58%), Vitamin B3: 3.03mg (15.17%), Vitamin B1: 0.2mg (13.62%), Folate: 52.64µg (13.16%), Vitamin C: 10.63mg (12.89%), Iron: 2.14mg (11.89%), Zinc: 1.71mg (11.42%), Fiber: 2.8g (11.21%), Manganese: 0.21mg (10.31%), Vitamin A: 459.97IU (9.2%), Vitamin B6: 0.16mg (8.21%), Vitamin B12: 0.46µg (7.59%), Magnesium: 27.68mg (6.92%), Potassium: 237.74mg (6.79%), Copper: 0.12mg (5.8%), Vitamin K: 4.66µg (4.44%), Vitamin B5: 0.39mg (3.89%), Vitamin E: 0.28mg (1.9%), Vitamin D: 0.17µg (1.13%)