



Mild Cheesy Chicken Enchiladas

 Popular

READY IN



60 min.

SERVINGS



8

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup olives black
- ☐ 2 cups chicken meat cubed cooked
- ☐ 8 8-inch flour tortillas ()
- ☐ 0.3 cup onion chopped
- ☐ 4 cups cheddar cheese shredded
- ☐ 1 cup heavy whipping cream sour
- ☐ 1.5 cups tomatoes chopped

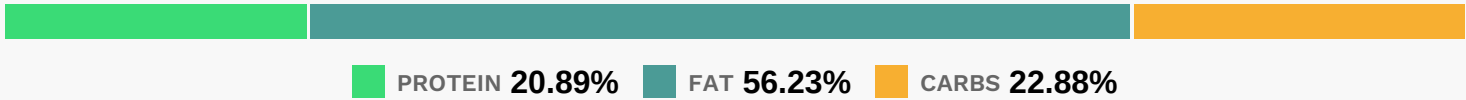
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- ☐ In a medium bowl, mix the chicken, onion, 1 cup Cheddar cheese, and 3/4 cup sour cream. Disperse the mixture evenly among the 8 tortillas.
- ☐ Roll into enchiladas, and arrange in single layer in the prepared baking dish.
- ☐ In a saucepan over low heat, melt together the remaining Cheddar cheese and sour cream.
- ☐ Pour over the enchiladas, and top with tomatoes and olives.
- ☐ Bake in the preheated oven for 20 to 30 minutes, or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:8.72, Inflammation Score:-7, Nutrition Score:17.596521678178%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 521.22kcal (26.06%), Fat: 32.53g (50.05%), Saturated Fat: 16.06g (100.35%), Carbohydrates: 29.78g (9.93%), Net Carbohydrates: 27.3g (9.93%), Sugar: 4.05g (4.5%), Cholesterol: 99.71mg (33.24%), Sodium: 913.25mg (39.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.19g (54.38%), Selenium: 37.14µg (53.05%), Calcium: 515.48mg (51.55%), Phosphorus: 461.37mg (46.14%), Vitamin B2: 0.5mg (29.41%), Vitamin B3: 5.26mg (26.3%), Vitamin B1: 0.31mg (20.98%), Vitamin A: 1025.57IU (20.51%), Zinc: 3.03mg (20.2%), Folate: 68.67µg (17.17%), Manganese: 0.31mg (15.25%), Iron: 2.51mg (13.96%), Vitamin B6: 0.26mg (12.77%), Vitamin B12: 0.76µg (12.68%),

Magnesium: 41.2mg (10.3%), Fiber: 2.48g (9.93%), Potassium: 300.4mg (8.58%), Vitamin B5: 0.79mg (7.87%), Vitamin K: 7.8µg (7.43%), Vitamin E: 1.01mg (6.71%), Copper: 0.13mg (6.27%), Vitamin C: 4.46mg (5.4%), Vitamin D: 0.34µg (2.26%)