



Mile High Chicken Enchiladas

READY IN



45 min.

SERVINGS



4

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce chiles green drained chopped well canned
- ☐ 1 teaspoon chili powder
- ☐ 10.8 ounce cream of chicken soup fat free canned
- ☐ 6 6-inch flour tortillas ()
- ☐ 2 cups meat from a rotisserie chicken shredded cooked
- ☐ 8 ounce mexican cheese blend shredded divided

Equipment

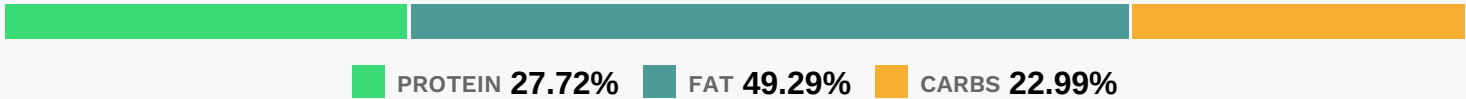
- ☐ sauce pan

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Stir together first 4 ingredients in a small saucepan, and cook over medium heat until thoroughly heated.
- ☐ Place 1 tortilla in a 9-inch pieplate.
- ☐ Spread with 1/2 cup chicken mixture, and sprinkle with 3 tablespoons cheese. Repeat layers of tortilla, chicken mixture, and cheese, ending with tortilla. Cover with foil.
- ☐ Bake at 425 for 15 to 20 minutes or until thoroughly heated. Uncover and sprinkle with remaining shredded cheese; bake 5 more minutes.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:9.37, Inflammation Score:-6, Nutrition Score:19.35347829176%

Nutrients (% of daily need)

Calories: 534.26kcal (26.71%), Fat: 28.95g (44.54%), Saturated Fat: 13.53g (84.59%), Carbohydrates: 30.39g (10.13%), Net Carbohydrates: 28.1g (10.22%), Sugar: 2.81g (3.13%), Cholesterol: 112.46mg (37.49%), Sodium: 1397.53mg (60.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.63g (73.26%), Selenium: 37.41µg (53.44%), Phosphorus: 504.07mg (50.41%), Calcium: 471.54mg (47.15%), Vitamin B3: 8.13mg (40.63%), Vitamin B2: 0.46mg (27.02%), Iron: 4.13mg (22.96%), Zinc: 3.28mg (21.87%), Vitamin B6: 0.4mg (19.84%), Vitamin B1: 0.3mg (19.81%), Folate: 72.06µg (18.01%), Manganese: 0.31mg (15.35%), Vitamin B12: 0.9µg (15.01%), Vitamin A: 729.45IU (14.59%), Vitamin C: 10.99mg (13.32%), Magnesium: 43.84mg (10.96%), Vitamin B5: 1.07mg (10.73%), Copper: 0.2mg (10.17%), Potassium: 347.87mg (9.94%), Fiber: 2.29g (9.16%), Vitamin K: 8.31µg (7.91%), Vitamin E: 0.74mg (4.96%), Vitamin D: 0.28µg (1.89%)