

Monster Sour Cream Enchiladas

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



971 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces colby cheese shredded
- 32.3 ounce cream of chicken soup canned
- 12 6-inch corn tortillas ()
- 1 cup to 2 chilies slit diced green
- 2 bunches spring onion chopped
- 8 ounces muenster cheese shredded
- 1 roasted chicken shredded
- 1 pint cream sour

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a large bowl combine the soup, sour cream and green chiles.
- Mix together and pour a small amount of this mixture into the bottom of a 9x13 inch baking dish.
- Lay out tortillas. Put a scoop of the mixture and a few spoonfuls of shredded chicken inside each tortilla and roll them all up.
- Place tortillas in baking dish and pour the remaining sour cream mixture over all. Top with shredded cheeses and chopped green onion.
- Bake in the preheated oven for 1 hour.

Nutrition Facts

PROTEIN 27.47% **FAT 55.44%** **CARBS 17.09%**

Properties

Glycemic Index:25.42, Glycemic Load:14.98, Inflammation Score:-8, Nutrition Score:31.430434662363%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 971.19kcal (48.56%), Fat: 59.67g (91.8%), Saturated Fat: 28.54g (178.38%), Carbohydrates: 41.4g (13.8%), Net Carbohydrates: 37.09g (13.49%), Sugar: 5.61g (6.23%), Cholesterol: 250.92mg (83.64%), Sodium: 1787.76mg (77.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.52g (133.04%), Phosphorus: 930.26mg (93.03%), Selenium: 59.35µg (84.79%), Vitamin B3: 14.18mg (70.88%), Calcium: 698.01mg (69.8%), Vitamin B2: 0.74mg (43.57%), Vitamin B6: 0.86mg (42.91%), Zinc: 6.07mg (40.46%), Vitamin A: 1673.3IU (33.47%), Iron: 4.81mg (26.7%), Magnesium: 106.66mg (26.66%), Vitamin B12: 1.5µg (24.98%), Vitamin K: 25.96µg (24.72%), Vitamin B5: 2.33mg

(23.27%), Potassium: 757.1mg (21.63%), Copper: 0.41mg (20.74%), Fiber: 4.31g (17.24%), Manganese: 0.33mg (16.47%), Vitamin B1: 0.2mg (13.24%), Vitamin E: 1.52mg (10.11%), Folate: 34.84µg (8.71%), Vitamin C: 5.37mg (6.5%), Vitamin D: 0.45µg (3.02%)