



Progresso® Chicken Enchiladas

READY IN



55 min.

SERVINGS



4

CALORIES



901 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained progresso® canned
- ☐ 4.5 ounce chiles green chopped old el paso® canned
- ☐ 8 8-inch flour tortillas ()
- ☐ 2 cups monterrey jack cheese shredded
- ☐ 2 cups deli rotisserie chicken diced
- ☐ 0.5 cup cup heavy whipping cream sour

Equipment

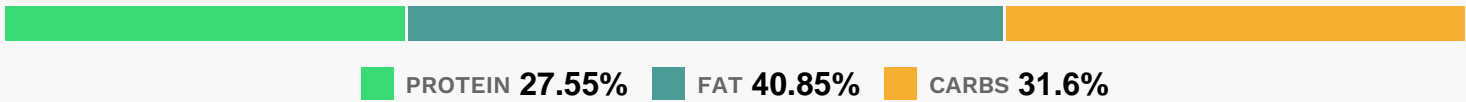
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In small bowl, mix cooking sauce and chiles. Spray bottom of 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ Spread 1/4 cup sauce mixture in bottom of baking dish. In medium bowl, stir together chicken, black beans, 1 cup cheese, the sour cream and 1/2 cup sauce mixture.
- ☐ Spoon about 1/2 cup chicken mixture down center of each tortilla.
- ☐ Roll up tortillas; arrange, seam sides down, in baking dish. Top enchiladas with remaining sauce mixture.
- ☐ Sprinkle with remaining cheese. Spray sheet of foil with cooking spray; cover baking dish with foil, sprayed side down.
- ☐ Bake 35 minutes.
- ☐ Remove foil; bake 5 to 10 minutes longer or until hot and cheese is melted.
- ☐ Top with green onions and tomatoes.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:16.02, Inflammation Score:-7, Nutrition Score:25.855217384255%

Nutrients (% of daily need)

Calories: 900.89kcal (45.04%), Fat: 40.91g (62.93%), Saturated Fat: 19.33g (120.81%), Carbohydrates: 71.2g (23.73%), Net Carbohydrates: 59.75g (21.73%), Sugar: 5.07g (5.63%), Cholesterol: 180.81mg (60.27%), Sodium: 2043.96mg (88.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.08g (124.16%), Calcium: 648.14mg (64.81%), Phosphorus: 601.15mg (60.12%), Selenium: 33.48µg (47.83%), Folate: 189.85µg (47.46%), Fiber: 11.45g (45.79%), Vitamin B1: 0.68mg (45.29%), Vitamin B2: 0.69mg (40.79%), Manganese: 0.76mg (38.05%), Iron: 6.57mg (36.52%), Vitamin B3: 5.45mg (27.23%), Magnesium: 79.05mg (19.76%), Zinc: 2.93mg (19.56%), Vitamin C: 14.04mg (17.01%), Copper: 0.33mg (16.67%), Potassium: 572.68mg (16.36%), Vitamin A: 658.04IU (13.16%), Vitamin B6:

0.21mg (10.67%), Vitamin B12: 0.53µg (8.82%), Vitamin K: 9.19µg (8.75%), Vitamin B5: 0.6mg (6.05%), Vitamin D:
0.34µg (2.26%), Vitamin E: 0.26mg (1.71%)