



## Quick Chicken Enchiladas

READY IN



45 min.

SERVINGS



8

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.8 ounce condensed nacho cheese soup canned
- 3 cups chicken meat diced cooked
- 10 8-inch flour tortillas ()
- 4 ounce chiles diced green canned
- 0.5 cup milk
- 0.5 cup salsa

### Equipment

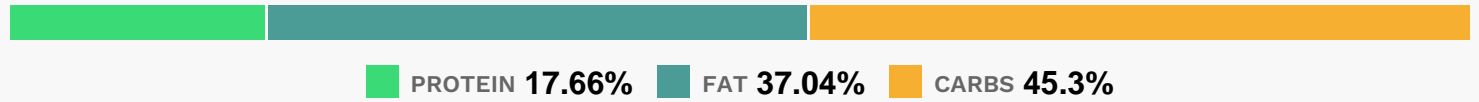
- bowl

- oven
- baking pan

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a small bowl, mix together cheese soup and milk.
- In a medium bowl, combine chicken, salsa, chiles and ONLY 2 tablespoons of the soup-milk mixture.
- Spread about 1/3 cup chicken mixture on each tortilla, and roll up.
- Place tortillas in a lightly greased, 3 quart baking dish, and spread remaining soup-milk mix on top.
- Bake for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:9, Glycemic Load:10.22, Inflammation Score:-5, Nutrition Score:11.86913044038%

## Nutrients (% of daily need)

Calories: 333.88kcal (16.69%), Fat: 13.57g (20.87%), Saturated Fat: 4.59g (28.71%), Carbohydrates: 37.33g (12.44%), Net Carbohydrates: 34.26g (12.46%), Sugar: 4.33g (4.81%), Cholesterol: 35.13mg (11.71%), Sodium: 867.15mg (37.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.56g (29.12%), Vitamin B3: 5.99mg (29.93%), Selenium: 20.8µg (29.71%), Vitamin B1: 0.36mg (24.12%), Phosphorus: 215.78mg (21.58%), Folate: 70.77µg (17.69%), Manganese: 0.34mg (17.1%), Iron: 2.95mg (16.4%), Vitamin B2: 0.26mg (15.36%), Calcium: 138.34mg (13.83%), Fiber: 3.07g (12.28%), Vitamin B6: 0.24mg (12.04%), Potassium: 412.78mg (11.79%), Vitamin C: 5.83mg (7.07%), Magnesium: 27.33mg (6.83%), Zinc: 1mg (6.67%), Vitamin A: 333.41IU (6.67%), Vitamin B5: 0.59mg (5.92%), Vitamin K: 5.95µg (5.67%), Copper: 0.1mg (4.87%), Vitamin B12: 0.21µg (3.56%), Vitamin E: 0.33mg (2.22%), Vitamin D: 0.25µg (1.68%)