



## Quick-Fix Chicken Enchilada Skillet

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15.5 oz kidney beans rinsed canned
- 0.5 cup milk cheddar cheese shredded 2% kraft
- 8 oz philadelphia cream cheese spread
- 1.5 cups lettuce shredded
- 2 Tbsp milk
- 4 oz multi-grain tortilla chips
- 2 tsp oil
- 0.5 cup pico de gallo

- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces
- 1 oz taco bell® taco seasoning mix divided

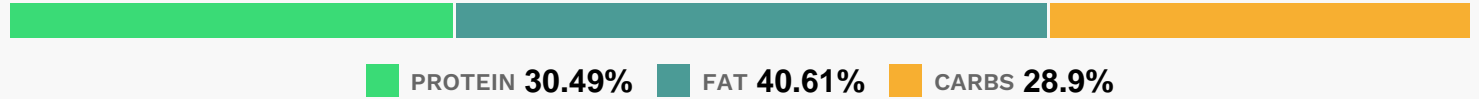
## Equipment

- frying pan

## Directions

- Mix cream cheese spread, 2 Tbsp. taco seasoning and milk until blended. Toss chicken with remaining taco seasoning.
- Heat oil in large skillet on medium heat.
- Add chicken; cook 6 to 7 min. or until done, stirring frequently.
- Add beans and cream cheese mixture to skillet; cook and stir 2 min. or until heated through.
- Top with lettuce, pico de gallo and shredded cheese.
- Serve with chips.

## Nutrition Facts



## Properties

Glycemic Index:4.97, Glycemic Load:0.78, Inflammation Score:-2, Nutrition Score:3.8526086833166%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 89.28kcal (4.46%), Fat: 4.04g (6.21%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 6.47g (2.16%), Net Carbohydrates: 5.27g (1.91%), Sugar: 1.19g (1.32%), Cholesterol: 21.21mg (7.07%), Sodium: 227.16mg (9.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.64%), Vitamin B3: 2.48mg (12.38%), Selenium: 8.14µg (11.63%), Vitamin B6: 0.19mg (9.59%), Phosphorus: 82.01mg (8.2%), Fiber: 1.2g (4.81%), Vitamin A: 223.68IU (4.47%), Vitamin B5: 0.4mg (4.02%), Potassium: 136.9mg (3.91%), Magnesium: 14.35mg (3.59%), Calcium: 33.65mg (3.37%), Vitamin B2: 0.05mg (2.69%), Manganese: 0.05mg (2.54%), Vitamin B1: 0.04mg (2.53%), Vitamin K: 2.57µg (2.44%), Zinc: 0.35mg (2.35%), Iron: 0.41mg (2.26%), Vitamin E: 0.25mg (1.69%), Folate: 6.61µg (1.65%), Copper: 0.03mg (1.64%), Vitamin C: 1.13mg (1.37%), Vitamin B12: 0.07µg (1.18%)