



## Skillet Enchiladas

READY IN



35 min.

SERVINGS



35

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup four cheese shredded mexican style kraft finely
- 14 oz chicken broth fat-free reduced-sodium canned
- 2 Tbsp flour
- 6 6-inch flour tortillas cut into small pieces ()
- 1 Tbsp oil
- 0.3 cup classic ranch dressing kraft
- 0.5 cup taco bellâ® & chunky salsa thick
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

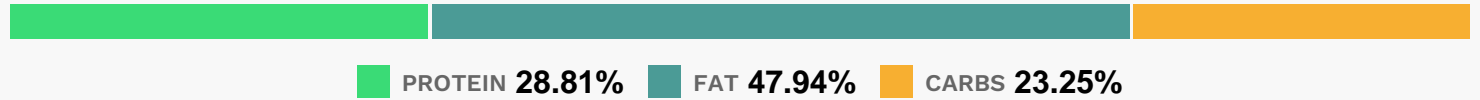
# Equipment

frying pan

# Directions

- Heat oil in large deep skillet on medium-high heat.
- Add chicken; cook 8 to 10 min. or until done, stirring occasionally.
- Mix broth, dressing and flour until blended; gradually add to chicken, stirring constantly. Bring to boil; simmer on medium-low 3 min. Stir in tortilla pieces.
- Sprinkle with cheese; cover. Simmer 3 to 5 min. or until melted. Top with salsa.

# Nutrition Facts



# Properties

Glycemic Index:3.89, Glycemic Load:1.06, Inflammation Score:-1, Nutrition Score:2.633913040809%

# Nutrients (% of daily need)

Calories: 57.68kcal (2.88%), Fat: 3.04g (4.67%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 3.06g (1.11%), Sugar: 0.44g (0.49%), Cholesterol: 11.97mg (3.99%), Sodium: 160.2mg (6.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.21%), Selenium: 6.7µg (9.57%), Vitamin B3: 1.71mg (8.56%), Phosphorus: 58.68mg (5.87%), Vitamin B6: 0.11mg (5.56%), Calcium: 33.02mg (3.3%), Vitamin K: 3.21µg (3.06%), Vitamin B2: 0.05mg (2.88%), Vitamin B1: 0.04mg (2.72%), Vitamin B5: 0.24mg (2.43%), Potassium: 71.41mg (2.04%), Manganese: 0.04mg (1.84%), Folate: 7.15µg (1.79%), Iron: 0.3mg (1.65%), Zinc: 0.24mg (1.58%), Magnesium: 6.22mg (1.56%), Vitamin B12: 0.09µg (1.43%), Vitamin E: 0.2mg (1.35%), Vitamin A: 54.72IU (1.09%), Fiber: 0.26g (1.03%)