

## Sour Cream Chicken Enchiladas

READY IN



50 min.

SERVINGS



12

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bunch cilantro leaves
- 12 6-inch flour tortilla ( )
- 1 onion
- 14 ounce salsa canned
- 14 ounce salsa green prepared canned
- 2 cups cheddar cheese shredded
- 2 chicken breast halves shredded boneless skinless cooked
- 1 cup cream sour

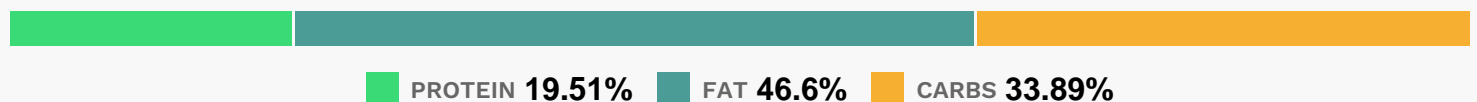
## Equipment

- food processor
- bowl
- oven
- blender
- baking pan
- aluminum foil
- microwave

## Directions

- To Make Sour Cream
- Mixture: In a blender or food processor, puree cilantro, sour cream, jalapeno salsa and 1/2 can of the green chile salsa. Set aside.
- To Make Chicken
- Mixture: In a large bowl, combine shredded chicken, onion and the remaining 1 1/2 cans of green chile salsa.
- Mix well.
- Preheat oven to 350 degrees F (175 degrees C).
- Heat tortillas in conventional or microwave oven until soft.
- Pour enough of the sour cream mixture into a 9x13 inch baking dish to coat the bottom.
- Place 2 heaping tablespoonfuls of the chicken mixture in each tortilla, roll up and place seam side down in the baking dish.
- Pour remaining sour cream mixture over all and top with shredded cheese.
- Cover dish tightly with aluminum foil and bake at 350 degrees F (175 degrees C) for about 30 minutes, or until dish is heated through and bubbling.

## Nutrition Facts



## Properties

Glycemic Index:10, Glycemic Load:5, Inflammation Score:-6, Nutrition Score:10.775217248046%

## Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

## Nutrients (% of daily need)

Calories: 251.06kcal (12.55%), Fat: 13.14g (20.22%), Saturated Fat: 6.55g (40.95%), Carbohydrates: 21.51g (7.17%), Net Carbohydrates: 19.09g (6.94%), Sugar: 4.74g (5.27%), Cholesterol: 42.19mg (14.06%), Sodium: 806.37mg (35.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.38g (24.76%), Selenium: 19.4µg (27.72%), Phosphorus: 226.32mg (22.63%), Calcium: 218.33mg (21.83%), Vitamin B3: 4.08mg (20.38%), Vitamin B6: 0.31mg (15.4%), Vitamin B2: 0.24mg (14.32%), Vitamin A: 676.45IU (13.53%), Vitamin B1: 0.2mg (13.34%), Manganese: 0.24mg (12.22%), Folate: 38.86µg (9.71%), Fiber: 2.42g (9.66%), Potassium: 333.16mg (9.52%), Iron: 1.51mg (8.4%), Zinc: 1.17mg (7.83%), Vitamin K: 7.82µg (7.45%), Magnesium: 29.51mg (7.38%), Vitamin E: 1.08mg (7.17%), Vitamin B5: 0.61mg (6.08%), Copper: 0.09mg (4.7%), Vitamin B12: 0.28µg (4.63%), Vitamin C: 2.51mg (3.05%)