



Sour Cream Enchiladas

READY IN



60 min.

SERVINGS



6

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ounce chilis green undrained chopped canned
- 10.8 ounce cream of chicken soup canned
- 12 10-inch flour tortilla ()
- 1 onion chopped
- 0.5 cup cheddar cheese shredded
- 2 chicken breast boneless skinless cut into 1-inch cubes
- 8 ounce cream sour

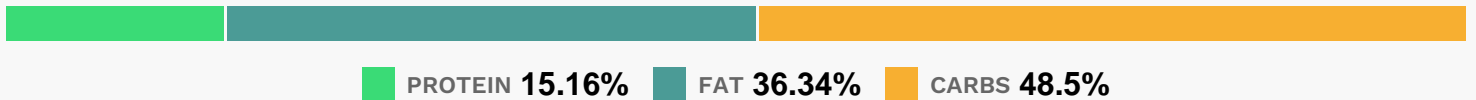
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Heat a large skillet over medium-high heat.
- Place chicken breast into skillet and cook and stir until no longer pink in the center, about 10 minutes. Divide chicken, 1 1/2 cups Cheddar cheese, and onions evenly among the tortillas then roll up each tortilla and place seam side down in a 9x13 inch baking pan.
- Heat the cream of chicken soup and green chiles in a saucepan over medium heat. Stir in sour cream. Continue stirring until heated though, about 10 min.
- Pour sauce over tortillas and sprinkle remaining Cheddar cheese on top.
- Bake in the preheated oven until sauce is bubbling and the Cheddar cheese is melted, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:23.85, Inflammation Score:-7, Nutrition Score:23.203478548838%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 640.63kcal (32.03%), Fat: 25.68g (39.51%), Saturated Fat: 10.8g (67.51%), Carbohydrates: 77.14g (25.71%), Net Carbohydrates: 71.69g (26.07%), Sugar: 7.57g (8.41%), Cholesterol: 59.89mg (19.96%), Sodium: 1560.97mg (67.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.1g (48.21%), Selenium: 48.44µg (69.19%), Vitamin B3: 10.47mg (52.33%), Vitamin B1: 0.76mg (50.34%), Phosphorus: 461.98mg (46.2%), Manganese: 0.76mg (38.03%), Folate: 149.51µg (37.38%), Vitamin B2: 0.57mg (33.53%), Iron: 6.03mg (33.49%), Calcium: 327.47mg

(32.75%), Fiber: 5.45g (21.81%), Vitamin B6: 0.43mg (21.29%), Magnesium: 51.35mg (12.84%), Vitamin K: 13.1µg (12.48%), Potassium: 436.54mg (12.47%), Copper: 0.24mg (11.89%), Zinc: 1.62mg (10.81%), Vitamin B5: 1.06mg (10.64%), Vitamin A: 451.82IU (9.04%), Vitamin C: 7.05mg (8.54%), Vitamin B12: 0.25µg (4.24%), Vitamin E: 0.56mg (3.76%)