



## Speedy Chicken and Cheese Enchiladas

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**244 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup prechopped bell pepper
- 8 ounces rotisserie chicken breast boneless skinless chopped
- 8 6-inch corn tortillas ( )
- 10 ounce enchilada sauce canned (such as Old El Paso)
- 0.3 cup cilantro leaves fresh chopped
- 0.5 teaspoon ground cumin
- 1 cup prechopped onion white
- 0.3 cup cup heavy whipping cream fat-free sour

4 ounces preshredded divided reduced-fat

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## Equipment

frying pan

paper towels

baking pan

broiler

microwave

## Directions

Preheat broiler.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.

Add onion and pepper; saut 2 minutes or until crisp-tender.

Add enchilada sauce; bring to a boil. Cover, reduce heat, and simmer 5 minutes.

Combine chicken, 3/4 cup of cheese, and cumin, tossing well.

Wrap tortillas in paper towels; microwave at high 30 seconds or until warm. Spoon 1/4 cup chicken mixture in center of each tortilla; roll up.

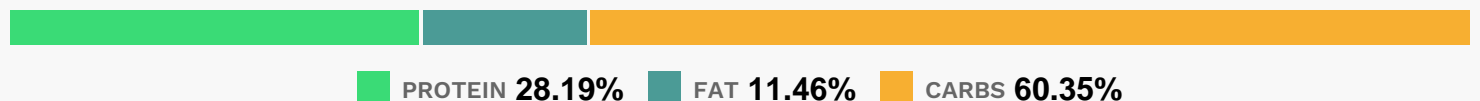
Place tortillas, seam sides down, in an 11 x 7-inch baking dish coated with cooking spray.

Pour sauce mixture over enchiladas; broil 3 minutes or until thoroughly heated.

Sprinkle remaining 1/4 cup cheese evenly over enchiladas, and broil for 1 minute or until cheese melts.

Serve with sour cream and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:36.63, Glycemic Load:11.36, Inflammation Score:-9, Nutrition Score:16.678695393645%

## Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg

## **Nutrients (% of daily need)**

Calories: 243.84kcal (12.19%), Fat: 3.16g (4.87%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 37.47g (12.49%), Net Carbohydrates: 31.47g (11.44%), Sugar: 8.52g (9.46%), Cholesterol: 37.58mg (12.53%), Sodium: 727.89mg (31.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.5g (35.01%), Vitamin C: 53.03mg (64.28%), Vitamin B3: 7.14mg (35.69%), Vitamin A: 1765.19IU (35.3%), Vitamin B6: 0.7mg (35.02%), Selenium: 22.34µg (31.91%), Phosphorus: 319.02mg (31.9%), Fiber: 6g (23.99%), Magnesium: 63.26mg (15.82%), Manganese: 0.28mg (14.2%), Potassium: 471.73mg (13.48%), Vitamin B5: 1.04mg (10.38%), Iron: 1.7mg (9.46%), Vitamin B2: 0.16mg (9.23%), Vitamin B1: 0.13mg (8.78%), Zinc: 1.26mg (8.4%), Folate: 31.83µg (7.96%), Calcium: 77.73mg (7.77%), Copper: 0.12mg (6.2%), Vitamin E: 0.88mg (5.89%), Vitamin K: 5.21µg (4.96%), Vitamin B12: 0.16µg (2.61%)