



Speedy Chicken Enchiladas

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce condensed cream of cheddar cheese soup canned
- 10.8 ounce cream of chicken soup fat free 98% canned (Regular or)
- 8 6-inch flour tortilla
- 1 cup salsa thick pace®
- 1 pound chicken breast boneless skinless cubed

Equipment

- frying pan
- baking pan

microwave

Directions

- Cook chicken in nonstick skillet until browned and done, stirring often.
- Add chicken soup and 1/2 cup salsa.
- Heat through.
- Spoon about 1/3 cup chicken mixture down center of each tortilla.
- Roll up tortilla around filling and place seam-side down in 2-quart microwave-safe baking dish.
- Mix cheese soup and remaining salsa and pour over enchiladas. Cover.
- Microwave on HIGH 5 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:11.71, Inflammation Score:-7, Nutrition Score:21.952173823896%

Nutrients (% of daily need)

Calories: 462.01kcal (23.1%), Fat: 15.32g (23.57%), Saturated Fat: 4.93g (30.82%), Carbohydrates: 46.23g (15.41%), Net Carbohydrates: 42.35g (15.4%), Sugar: 6.34g (7.05%), Cholesterol: 81.72mg (27.24%), Sodium: 1933.62mg (84.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.97g (65.94%), Vitamin B3: 15.51mg (77.53%), Selenium: 51.7µg (73.86%), Vitamin B6: 1mg (49.96%), Phosphorus: 406.15mg (40.62%), Potassium: 1043.98mg (29.83%), Vitamin B1: 0.41mg (27.14%), Manganese: 0.44mg (21.93%), Iron: 3.68mg (20.43%), Vitamin B5: 1.99mg (19.92%), Vitamin B2: 0.34mg (19.91%), Folate: 65.06µg (16.26%), Vitamin A: 791.73IU (15.83%), Fiber: 3.88g (15.52%), Calcium: 146.52mg (14.65%), Magnesium: 55.48mg (13.87%), Copper: 0.23mg (11.64%), Vitamin K: 10.4µg (9.91%), Vitamin E: 1.42mg (9.47%), Zinc: 1.33mg (8.84%), Vitamin B12: 0.23µg (3.78%), Vitamin C: 2.67mg (3.24%)