



WHATSheATE



Spicy Chicken Enchiladas

 Popular

READY IN



40 min.

SERVINGS



8

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups cream sour
- ☐ 14.5 oz canned tomatoes diced fire roasted organic drained canned
- ☐ 10 oz pepper jack cheese shredded
- ☐ 1 teaspoon suya seasoning mix salt-free
- ☐ 3 cups chicken shredded cooked
- ☐ 1.5 cups mild cheddar cheese
- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 1 serving spring onion sliced

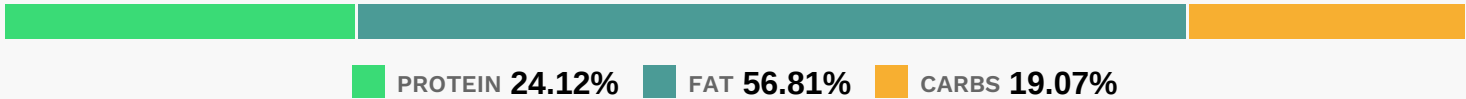
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In large bowl, mix sour cream, tomatoes, 1 cup of the cheese and the seasoning blend. Stir in chicken.
- ☐ Spread 1/2 cup of the salsa in baking dish. Spoon 1/2 cup chicken mixture down center of each tortilla; roll up.
- ☐ Place enchiladas, seam side down, over salsa in baking dish. Spoon remaining 1 cup salsa over filled enchiladas; top with remaining 1 1/2 cups cheese.
- ☐ Bake uncovered 20 minutes or until cheese is melted and enchiladas are thoroughly heated.
- ☐ Garnish with green onions.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:6.31, Inflammation Score:-7, Nutrition Score:17.124782375667%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 524.66kcal (26.23%), Fat: 32.93g (50.66%), Saturated Fat: 17.29g (108.06%), Carbohydrates: 24.86g (8.29%), Net Carbohydrates: 22.82g (8.3%), Sugar: 4.39g (4.88%), Cholesterol: 117.55mg (39.18%), Sodium: 770.23mg (33.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.46g (62.92%), Calcium: 546.72mg (54.67%), Selenium: 34.37µg (49.1%), Phosphorus: 469.44mg (46.94%), Vitamin B3: 5.98mg (29.89%), Vitamin B2: 0.5mg (29.12%), Zinc: 3.01mg (20.05%), Vitamin A: 998.49IU (19.97%), Vitamin B1: 0.25mg (16.68%), Iron: 2.88mg (16.03%), Vitamin B6: 0.31mg (15.27%), Folate: 54.62µg (13.66%), Vitamin B12: 0.76µg (12.69%), Manganese: 0.24mg

(12.21%), Magnesium: 41.02mg (10.25%), Vitamin K: 10.23µg (9.74%), Vitamin B5: 0.89mg (8.87%), Fiber: 2.04g (8.17%), Potassium: 277.71mg (7.93%), Copper: 0.1mg (5.05%), Vitamin E: 0.53mg (3.54%), Vitamin D: 0.34µg (2.26%), Vitamin C: 1.47mg (1.78%)