



Tex-Mex Chicken Enchiladas

 Gluten Free

READY IN



55 min.

SERVINGS



12

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18.5 oz enchilada sauce traditional canned
- 10 oz enchilada sauce red hot canned
- 2 cups chicken shredded cooked
- 1 cup corn frozen thawed
- 8 oz pepper jack cheese shredded
- 12 6-inch corn tortillas ()
- 2 medium tomatoes diced
- 0.3 cup cilantro leaves fresh chopped

- 1 serving lime wedges

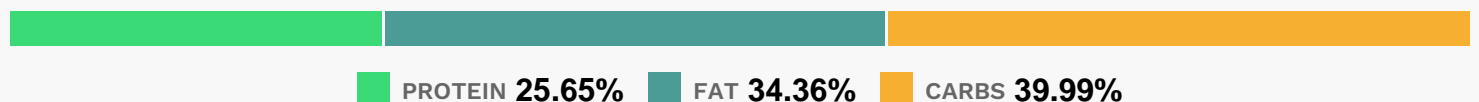
Equipment

- bowl
- paper towels
- oven
- baking pan

Directions

- Heat oven to 350°F. In medium bowl, stir together soup and enchilada sauce.
- In large bowl, mix 1 cup soup mixture with the chicken, corn and 1 cup of the cheese. In small bowl, set aside 3/4 cup soup mixture.
- Spread remaining 1 1/2 cups soup mixture in ungreased 13x9-inch baking dish. On microwavable plate, stack tortillas and cover with paper towel; heat on High 1 minute to soften.
- Place about 1/4 cup chicken mixture along middle of each tortilla.
- Roll up and place seam sides down in baking dish with sauce.
- Pour 3/4 cup soup mixture over enchiladas.
- Sprinkle with remaining 1 cup cheese.
- Bake 25 to 30 minutes or until cheese is melted and sauce is bubbly around edges.
- Meanwhile, in small bowl, stir together tomatoes and cilantro. Spoon tomato mixture over each serving.
- Garnish with lime wedge, if desired.

Nutrition Facts



Properties

Glycemic Index:14.96, Glycemic Load:5.28, Inflammation Score:-6, Nutrition Score:8.0252174035363%

Flavonoids

Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.14mg,
Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol:
0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg
Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 210.34kcal (10.52%), Fat: 8.16g (12.56%), Saturated Fat: 4.17g (26.08%), Carbohydrates: 21.38g (7.13%), Net
Carbohydrates: 17.96g (6.53%), Sugar: 5.36g (5.95%), Cholesterol: 34.32mg (11.44%), Sodium: 728.22mg (31.66%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.42%), Phosphorus: 227.41mg (22.74%), Calcium:
167.7mg (16.77%), Vitamin A: 798.37IU (15.97%), Selenium: 10.18µg (14.54%), Fiber: 3.43g (13.7%), Vitamin B3: 2.6mg
(13.02%), Vitamin B6: 0.21mg (10.45%), Zinc: 1.4mg (9.3%), Magnesium: 35.47mg (8.87%), Vitamin B2: 0.14mg
(8.32%), Iron: 1.3mg (7.21%), Manganese: 0.14mg (6.87%), Vitamin C: 5.26mg (6.37%), Potassium: 207.93mg
(5.94%), Vitamin B1: 0.06mg (4.25%), Copper: 0.08mg (3.96%), Vitamin B12: 0.22µg (3.74%), Folate: 14.66µg
(3.66%), Vitamin B5: 0.36mg (3.55%), Vitamin K: 3.13µg (2.98%), Vitamin E: 0.24mg (1.61%)