



Tex-Mex Chicken Enchiladas

 Gluten Free

READY IN



55 min.

SERVINGS



12

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18.5 oz condensed cream of cheddar cheese soup traditional canned
- ☐ 12 6-inch corn tortillas ()
- ☐ 10 oz enchilada sauce hot canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup corn frozen thawed
- ☐ 12 servings lime wedges
- ☐ 8 oz pepper jack cheese shredded
- ☐ 2 cups chicken shredded cooked

☐ 2 medium tomatoes diced

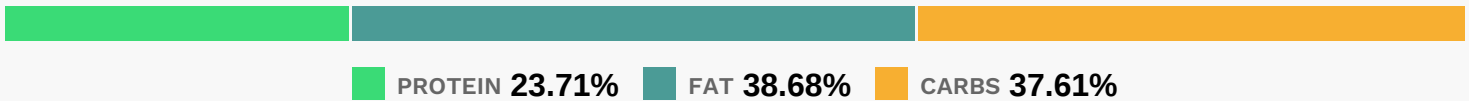
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350F. 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:5.3, Inflammation Score:-5, Nutrition Score:8.0843478648559%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg 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: 228.54kcal (11.43%), Fat: 9.93g (15.27%), Saturated Fat: 4.88g (30.48%), Carbohydrates: 21.72g (7.24%), Net Carbohydrates: 18.66g (6.78%), Sugar: 3.16g (3.51%), Cholesterol: 36.07mg (12.02%), Sodium: 578.33mg (25.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.69g (27.38%), Phosphorus: 227.58mg (22.76%), Calcium: 181.99mg (18.2%), Selenium: 10.18µg (14.55%), Vitamin A: 683.44IU (13.67%), Vitamin B3: 2.61mg (13.03%), Fiber: 3.06g (12.23%), Potassium: 406.42mg (11.61%), Vitamin B6: 0.21mg (10.47%), Zinc: 1.4mg (9.31%), Magnesium: 35.52mg (8.88%), Vitamin B2: 0.14mg (8.33%), Manganese: 0.14mg (6.87%), Iron: 1.04mg (5.78%), Vitamin C: 4.65mg (5.64%), Vitamin B1: 0.06mg (4.27%), Copper: 0.08mg (3.99%), Vitamin B12: 0.22µg (3.74%), Folate: 14.73µg (3.68%), Vitamin B5: 0.36mg (3.57%), Vitamin K: 3.13µg (2.98%), Vitamin E: 0.24mg (1.62%)