

# Easy Creamy Chicken Enchiladas

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## Servings: 5

1 can (10 ounce) red enchilada sauce  
2 1/2 cups shredded deli rotisserie chicken (from a two pound chicken)  
1 1/2 cups (6 ounces) Cheddar cheese, shredded  
1 package (8 ounce) cream cheese, cut into 1/2-inch cubes  
1 package (1 ounce) fajita seasoning mix OR two tablespoons taco seasoning mix (from a one ounce package)  
10 six-inch flour tortillas for soft tacos

## Preparation Time: 20 minutes

## Cook Time: 30 minutes

Preheat the oven to 375 degrees.

Spray a 13x9-inch (three quart) baking dish with cooking spray. Spread 1/4 cup of the enchilada sauce in the bottom of the baking dish.

In a medium bowl, mix the chicken, one cup of the Cheddar cheese, the cream cheese and the seasoning mix with a spoon, breaking apart the cream cheese cubes. Spoon slightly less than 1/2 cup of the filling onto each tortilla.

Roll up each tortilla tightly. Place seam-side down in the baking dish. Drizzle with the remaining enchilada sauce. Sprinkle with the remaining Cheddar cheese. Cover with foil.

Bake for 15 minutes.

Uncover and bake for 15 minutes longer or until bubbly and lightly browned.

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Per Serving (excluding unknown items): 308 Calories; 27g Fat (80.3% calories from fat); 12g Protein; 3g Carbohydrate; trace Dietary Fiber; 101mg Cholesterol; 576mg Sodium. Exchanges: 1 1/2 Lean Meat; 4 1/2 Fat; 0 Other Carbohydrates.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	308	Vitamin B6 (mg):	.1mg
% Calories from Fat:	80.3%	Vitamin B12 (mcg):	.5mcg

<b>% Calories from Carbohydrates:</b>	4.2%
<b>% Calories from Protein:</b>	15.6%
<b>Total Fat (g):</b>	27g
<b>Saturated Fat (g):</b>	17g
<b>Monounsaturated Fat (g):</b>	8g
<b>Polyunsaturated Fat (g):</b>	1g
<b>Cholesterol (mg):</b>	101mg
<b>Carbohydrate (g):</b>	3g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	12g
<b>Sodium (mg):</b>	576mg
<b>Potassium (mg):</b>	103mg
<b>Calcium (mg):</b>	287mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	0mg
<b>Vitamin A (i.u.):</b>	2074IU
<b>Vitamin A (r.e.):</b>	413RE

<b>Thiamin B1 (mg):</b>	trace
<b>Riboflavin B2 (mg):</b>	.2mg
<b>Folacin (mcg):</b>	16mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refined:</b>	0.0%

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### Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	1 1/2
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	4 1/2
<b>Other Carbohydrates:</b>	0

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## Nutrition Facts

Servings per Recipe: 5

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### Amount Per Serving

<b>Calories</b> 308	Calories from Fat: 248
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### % Daily Values\*

<b>Total Fat</b> 27g	42%
Saturated Fat 17g	87%
<b>Cholesterol</b> 101mg	34%
<b>Sodium</b> 576mg	24%
<b>Total Carbohydrates</b> 3g	1%
Dietary Fiber trace	2%
<b>Protein</b> 12g	
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<b>Vitamin A</b>	41%
<b>Vitamin C</b>	0%
<b>Calcium</b>	29%
<b>Iron</b>	5%

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\* Percent Daily Values are based on a 2000 calorie diet.