

# Chicken, Mushroom, and Spinach Enchiladas

Yield: 8 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-mushroom-mexican-recipe>

## Ingredients:

- 1 tablespoon butter
- 1 small onion minced
- 2 garlic cloves minced
- 1 pound mushrooms chopped coarsely
- 1/4 cup chicken broth
- 9 ounces fresh spinach washed, drained and coarsely chopped
- 4 ounces cream cheese softened
- 2 cups cooked chicken shredded or cubed
- 1 tablespoon lime juice more to taste
- 3/4 cup chicken broth
- 1 tablespoon garlic powder
- 1 cup sour cream
- 1/2 cup cilantro chopped
- 8 flour tortillas
- 1 1/2 cups Monterey Jack cheese shredded

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 85 milligrams
4. Fat: 27 grams
5. Fiber: 3 grams
6. Protein: 23 grams
7. SaturatedFat: 13 grams
8. Sodium: 550 milligrams
9. Sugar: 4 grams

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