

Swiss Enchiladas

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-enchiladas-recipe-cooking-light>

Ingredients:

- 2 tablespoons olive oil
- 1 small onion finely diced
- 2 teaspoons minced garlic
- 1 rotisserie chicken store-bought
- 4 ounces diced green chiles
- 1/4 cup sour cream
- 12 corn tortillas or flour tortillas
- 2 tablespoons butter
- 2 tablespoons all purpose flour
- 2 cups milk
- 4 ounces cream cheese 1/2 block softened to room temp
- salt
- pepper
- 2 cups shredded swiss cheese
- dried parsley for topping, optional
- lettuce
- diced tomatoes
- sliced olives
- salsa
- taco sauce

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 345 milligrams
4. Fat: 36 grams
5. Fiber: 4 grams
6. Protein: 39 grams
7. SaturatedFat: 18 grams

8. Sodium: 620 milligrams
 9. Sugar: 8 grams
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