

# BBQ Chicken Enchiladas



Serves 6

Serving Size: 2 Enchiladas

## Ingredients:

- 12 Carb Balance Wheat Tortillas
- 2 Cups cooked, shredded BBQ chicken
- 2 TBSP Cream Cheese
- 1 ½ cup sour cream
- ¾ cup butter
- ¾ cup BBQ sauce
- 2 Cups shredded Mozzarella Provolone blend

## Instructions:

1. Preheat oven at 350 degrees.
2. Put 1/6 cup shredded BBQ chicken in one tortilla. Add a few small dabs of cream cheese. Roll up and place in pan. Repeat for remaining 11 enchiladas.
3. Melt butter and mix in sour cream and BBQ sauce. Pour over rolled enchiladas.
4. Cover enchiladas with 2 cups cheese.
5. Chop tomatoes, green onions, and yellow onions. Mix into mashed avocado.
6. Cook for 25 minutes.

Serve with chopped avocado and Cole Slaw.

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories	537
	% Daily Value *
Total Fat	38 g 59 %
Saturated Fat	25 g 124 %
Monounsaturated Fat	7 g
Polyunsaturated Fat	1 g
Trans Fat	0 g
Cholesterol	103 mg 34 %
Sodium	348 mg 14 %
Potassium	130 mg 4 %
Total Carbohydrate	20 g 7 %
Dietary Fiber	2 g 9 %
Sugars	0 g
Protein	30 g 60 %
Vitamin A	26 %
Vitamin C	1 %
Calcium	36 %
Iron	1 %