

Cheezy Red Chile Enchiladas

Oven-baked enchiladas filled with chicken, low-fat cheddar, and a touch of Cheez-It® crunch – smothered in red chile sauce with optional sour cream for extra flair.



THIS RECIPE MEETS:
2 oz M/MA
1.5 oz eq Grain

Nutrition Facts	
Serving size	1 Wrap
Amount per serving	
Calories	405
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 670mg	29%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 27g	
Calcium 250mg	19%
Iron 2.8mg	16%
Potassium 460mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: 50 Servings

- 50 whole grain corn tortillas (6")
- 25 cups cooked shredded chicken (approx. 6–7 lbs raw yield)
- 12.5 cups red chile enchilada sauce
- 50 oz shredded low-fat cheddar cheese
- 25 oz crushed Cheez-It® Crackers Made with Whole Grain, Bulk
- 100 oz sour cream (optional)*

Directions to Prepare:

1. In a large bowl, combine shredded chicken, shredded cheese, and 6.25 cups red chile enchilada sauce. Mix until evenly coated.
2. Fill each tortilla with mixture and roll and place seam-side down on a lined pan.
3. Pour the remaining 6.25 cups enchilada sauce evenly over the enchiladas and sprinkle with 0.5 oz crushed Cheez-Its® crackers.
4. Bake at 350°F for 15–20 minutes. Serve hot with 2 oz sour cream if desired.

*Add approx. 60–80 calories and 5g fat if sour cream is included.

Recipe Ingredients



ITEM CODE	DISTRIBUTOR CODE	PRODUCT NAME	CASE	OUNCE EQUIV. GRAIN OR M/MA
24100-12802		CHEEZ-IT® CRACKERS MADE WITH WHOLE GRAIN, BULK CASE	4 CT./48 OZ.	1.5 OEG (30G), 1 OEG (21G)