



Campbell's Kitchen King Ranch Casserole

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



314 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon chili powder
- 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% canned (Regular or)
- 3 cups meat from a rotisserie chicken cubed cooked
- 12 6-inch corn tortillas cut into 1-inch pieces ()
- 8 servings green onion sliced
- 0.8 cup picante sauce pace®
- 1 cup cheddar cheese shredded
- 0.8 cup cup heavy whipping cream sour

2 medium tomatoes chopped

Equipment

bowl

oven

baking pan

Directions

Stir the soup, picante sauce, sour cream, chili powder, tomatoes and chicken in a medium bowl.

Place half the tortillas in a 2-quart shallow baking dish. Top with half the chicken mixture. Repeat the layers.

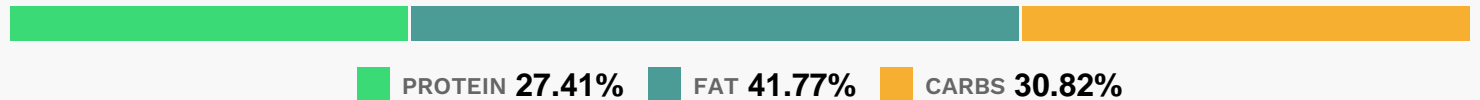
Sprinkle with the cheese.

Bake at 350 degrees F for 40 minutes or until the mixture is hot and bubbling.

Serve with additional picante sauce and sour cream.

Sprinkle with the green onions.

Nutrition Facts



Properties

Glycemic Index:18.44, Glycemic Load:8.04, Inflammation Score:-7, Nutrition Score:14.098260985768%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 313.6kcal (15.68%), Fat: 14.75g (22.7%), Saturated Fat: 6.51g (40.71%), Carbohydrates: 24.49g (8.16%), Net Carbohydrates: 20.65g (7.51%), Sugar: 3.07g (3.42%), Cholesterol: 68.13mg (22.71%), Sodium: 604.88mg (26.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.79g (43.58%), Phosphorus: 335.79mg (33.58%), Selenium: 20.55µg (29.36%), Vitamin B3: 5.7mg (28.48%), Vitamin B6: 0.43mg (21.33%), Vitamin A: 1027.64IU (20.55%), Calcium: 178.58mg (17.86%), Manganese: 0.34mg (17.17%), Vitamin K: 17.59µg (16.75%), Zinc: 2.48mg (16.57%), Fiber:

3.84g (15.38%), Vitamin B2: 0.25mg (14.81%), Magnesium: 57.47mg (14.37%), Potassium: 450.42mg (12.87%),
Copper: 0.22mg (11.18%), Iron: 1.87mg (10.37%), Vitamin B5: 0.85mg (8.46%), Vitamin E: 1.17mg (7.83%), Vitamin B1:
0.11mg (7.4%), Vitamin C: 6mg (7.28%), Vitamin B12: 0.41µg (6.8%), Folate: 21.21µg (5.3%)