



Cheesy Chicken Enchilada Casserole

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



155 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups roasted chicken diced cooked
- 15.5 oz pinto beans rinsed drained canned
- 0.5 cup salsa thick
- 3 teaspoons chili powder
- 0.3 teaspoon garlic powder
- 1 loaf cheese cut into cubes (8 oz. box)
- 0.8 cup milk
- 2 tablespoons butter melted

- 1 cup lettuce shredded
- 0.5 cup plum tomatoes diced (Roma)
- 0.3 cup spring onion sliced
- 1 cup frangelico

Equipment

- bowl
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 425°F. Spray round 2-quart casserole or 11x7-inch glass baking dish with cooking spray.
- In large bowl, mix chicken, beans, salsa, chili powder and garlic powder; stir in cheese. Spoon into baking dish. In small bowl, mix Bisquick mix, milk and butter.
- Pour and spoon evenly over chicken mixture.
- Bake 30 to 35 minutes or until crust is golden brown. Top with lettuce, tomato and onions.
- Serve with guacamole, sour cream and pickled sliced jalapeño chiles, if desired.

Nutrition Facts

PROTEIN 32.43% **FAT 36.9%** **CARBS 30.67%**

Properties

Glycemic Index:33.38, Glycemic Load:3.28, Inflammation Score:-5, Nutrition Score:8.6808695637661%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 154.88kcal (7.74%), Fat: 6.43g (9.89%), Saturated Fat: 2.98g (18.59%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 8.56g (3.11%), Sugar: 2.98g (3.31%), Cholesterol: 36.65mg (12.22%), Sodium: 326.57mg (14.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.71g (25.42%), Vitamin B3: 3.32mg (16.58%), Phosphorus: 156.59mg (15.66%), Fiber: 3.46g (13.82%), Selenium: 9.46µg (13.52%), Vitamin B6: 0.26mg (13.08%), Vitamin A: 640.01IU (12.8%), Manganese: 0.25mg (12.33%), Vitamin K: 12.75µg (12.14%), Potassium: 381.03mg (10.89%), Magnesium: 34.83mg (8.71%), Iron: 1.56mg (8.66%), Calcium: 72.32mg (7.23%), Copper: 0.14mg (7.07%), Zinc: 1.06mg (7.06%), Vitamin E: 1mg (6.7%), Vitamin B2: 0.11mg (6.68%), Folate: 22.8µg (5.7%), Vitamin B5: 0.57mg (5.68%), Vitamin B1: 0.08mg (5.48%), Vitamin C: 3.56mg (4.32%), Vitamin B12: 0.23µg (3.87%), Vitamin D: 0.25µg (1.68%)