



 **38%**
HEALTH SCORE

Cheesy Chicken Enchilada Quinoa Casserole

 **Gluten Free**  **Popular**

READY IN



30 min.

SERVINGS



4

CALORIES



622 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 small avocado chopped ()
- 0.5 tsp pepper black
- 15 oz black beans low sodium canned (I like the version)
- 10 oz canned tomatoes with green chilis canned
- 0.5 tsp chili powder
- 1 cup quinoa cooked
- 0.5 tsp cumin
- 10 oz enchilada sauce canned

- 10 oz enchilada sauce canned
- 2 Tbsp cilantro leaves fresh separated
- 4 servings spring onion chopped
- 1 roma tomatoes chopped ()
- 4 servings salt to taste
- 2 cups cheese shredded kraft (my favorite is the Mexican 4 cheese blend and one bag equals two cups!)
- 1 chicken breast shredded boneless skinless boiled (and)
- 15 oz corn sweet canned (you are only going to use half of the can)
- 0.5 tsp pepper white

Equipment

- oven
- mixing bowl
- baking pan

Directions

- To get started, heat your oven to 350 and prepare an 8x8 baking dish. Cook the quinoa according to the instructions. If you haven't already, boil and shred your chicken breast. In a medium sized mixing bowl add 2 Tbsp cilantro, 1 cup shredded cheese, quinoa, tomatoes with chilis, black beans, half of the can of sweet corn, verde enchilada sauce, cumin, chili powder, white pepper, black pepper, and salt to taste.
- Mix everything well, and then pour into the 8 x8 baking dish. Cover with the last cup of cheese and then bake in the oven for 15 minutes.
- Remove from oven and allow to cool for 5 minutes. Then top with chopped Roma tomato, chopped avocado, green onion tops, and remaining 2 tsp of cilantro.
- Serve immediately.

Nutrition Facts



PROTEIN 21.74% FAT 32.86% CARBS 45.4%

Properties

Glycemic Index:88.13, Glycemic Load:17.93, Inflammation Score:-9, Nutrition Score:33.49652173913%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Taste

Sweetness: 89.52%, Saltiness: 100%, Sourness: 59.55%, Bitterness: 35.08%, Savoriness: 54.09%, Fattiness: 66.05%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 622.45kcal (31.12%), Fat: 23.79g (36.59%), Saturated Fat: 9.04g (56.52%), Carbohydrates: 73.94g (24.65%), Net Carbohydrates: 55g (20%), Sugar: 19.29g (21.43%), Cholesterol: 62.32mg (20.77%), Sodium: 2324.08mg (101.05%), Protein: 35.42g (70.83%), Fiber: 18.94g (75.75%), Phosphorus: 582.57mg (58.26%), Manganese: 1.03mg (51.33%), Vitamin A: 2151.44IU (43.03%), Folate: 170.17µg (42.54%), Vitamin B3: 7.56mg (37.82%), Vitamin B6: 0.76mg (37.82%), Calcium: 374.07mg (37.41%), Potassium: 1306.17mg (37.32%), Magnesium: 146.82mg (36.7%), Iron: 6.01mg (33.41%), Vitamin C: 26.83mg (32.52%), Vitamin B2: 0.54mg (31.81%), Selenium: 22.22µg (31.74%), Copper: 0.61mg (30.51%), Vitamin K: 31.12µg (29.64%), Vitamin B1: 0.43mg (28.72%), Zinc: 4.13mg (27.56%), Vitamin B5: 2.44mg (24.4%), Vitamin B12: 1.33µg (22.22%), Vitamin E: 2.73mg (18.23%), Vitamin D: 0.25µg (1.68%)