



Cheesy Chicken Taco Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



355 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup cilantro leaves chopped
- ☐ 9 5-inch corn tortillas ()
- ☐ 8 oz monterey jack shredded
- ☐ 24 oz pasta sauce
- ☐ 6 servings salt and pepper
- ☐ 1.5 pounds chicken breasts boneless skinless
- ☐ 1 small tomatoes sliced

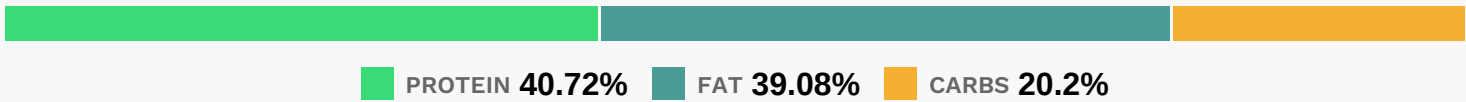
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400F. Season chicken with salt and pepper.
- ☐ Place in a small skillet and add cold water to cover. Bring to a simmer over medium-high heat. Reduce heat to medium-low and cook, turning once or twice, until opaque and firm, about 10 minutes.
- ☐ Remove, let cool and cut into small pieces or shred. You should have about 3 cups cut-up chicken.
- ☐ Spread one-third of sauce over bottom of a 7-by-11-inch baking dish. Arrange 3 tortillas, slightly overlapping, on top.
- ☐ Sprinkle one-third of chicken and cilantro over tortillas. Top with a third of cheese. Make two more layers of sauce, tortillas, chicken, cilantro and cheese. Arrange tomato on final layer of cheese. Cover with foil and bake until bubbly, about 20 minutes.
- ☐ Remove foil and cook until top is lightly browned, 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:32.08, Glycemic Load:6.96, Inflammation Score:-7, Nutrition Score:22.270434669826%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 354.78kcal (17.74%), Fat: 15.48g (23.82%), Saturated Fat: 8.03g (50.16%), Carbohydrates: 18g (6%), Net Carbohydrates: 14.49g (5.27%), Sugar: 4.87g (5.41%), Cholesterol: 106.22mg (35.41%), Sodium: 1102.76mg (47.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.3g (72.59%), Vitamin B3: 13.48mg (67.39%), Selenium:

43.98µg (62.83%), Vitamin B6: 1.06mg (53.03%), Phosphorus: 519.22mg (51.92%), Calcium: 327mg (32.7%), Potassium: 882.9mg (25.23%), Vitamin A: 1122.49IU (22.45%), Vitamin B2: 0.36mg (21.05%), Vitamin B5: 2.1mg (21.01%), Magnesium: 76.89mg (19.22%), Zinc: 2.4mg (16.03%), Vitamin C: 12.1mg (14.66%), Vitamin E: 2.16mg (14.43%), Fiber: 3.52g (14.07%), Vitamin K: 13.81µg (13.15%), Manganese: 0.25mg (12.62%), Iron: 2.17mg (12.08%), Copper: 0.23mg (11.32%), Vitamin B1: 0.14mg (9.07%), Vitamin B12: 0.54µg (9.01%), Folate: 26.71µg (6.68%), Vitamin D: 0.34µg (2.27%)