



## Cheesy Chicken-Tortilla Lasagna

 Gluten Free

READY IN



85 min.

SERVINGS



8

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 oz enchilada sauce red canned
- 2 cups plum tomatoes chopped (Roma) ( 4 medium)
- 2 cups roasted chicken cubed cooked
- 0.5 cup spring onion finely chopped
- 15 oz black beans rinsed drained canned
- 1 cup savory vegetable (from 16-oz container)
- 8 6-inch corn tortillas cut in half ( )
- 6 oz cheddar cheese shredded

- 0.3 cup olives ripe sliced
- 2 tablespoons cilantro leaves fresh chopped

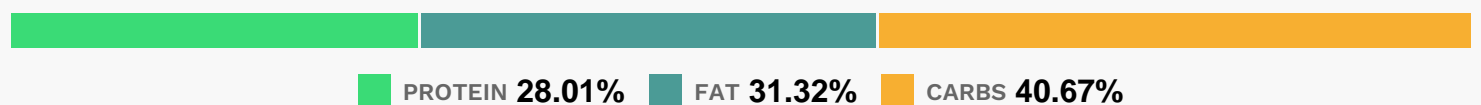
## Equipment

- bowl
- oven
- baking pan
- aluminum foil
- glass baking pan

## Directions

- Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- Spread 2 tablespoons of the enchilada sauce in bottom of baking dish.
- In medium bowl, mix tomatoes, chicken, onions and beans. In another medium bowl, mix remaining enchilada sauce and the veggie dip until well blended.
- Arrange 8 tortilla pieces over sauce in dish, overlapping as necessary. Spoon half of the chicken mixture over tortillas; sprinkle with 1/2 cup of the cheese. Spoon half of the sauce mixture over cheese. Repeat layers once, reserving 1/2 cup cheese.
- Cover with foil.
- Bake 40 to 45 minutes or until hot.
- Sprinkle with reserved 1/2 cup cheese.
- Bake uncovered about 5 minutes longer or until cheese is melted.
- Let stand 5 minutes before serving.
- Sprinkle with olives and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:24.69, Glycemic Load:6.7, Inflammation Score:-9, Nutrition Score:15.824782638446%

## Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

## Nutrients (% of daily need)

Calories: 287.14kcal (14.36%), Fat: 10.17g (15.65%), Saturated Fat: 4.53g (28.33%), Carbohydrates: 29.71g (9.9%), Net Carbohydrates: 21.88g (7.96%), Sugar: 4.58g (5.09%), Cholesterol: 46.45mg (15.48%), Sodium: 758.87mg (32.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.47g (40.93%), Vitamin A: 2127.06IU (42.54%), Phosphorus: 329.52mg (32.95%), Fiber: 7.83g (31.33%), Vitamin B3: 4.18mg (20.91%), Selenium: 14.24µg (20.35%), Calcium: 202.34mg (20.23%), Vitamin K: 18.51µg (17.63%), Manganese: 0.35mg (17.63%), Vitamin C: 13.82mg (16.75%), Magnesium: 63.7mg (15.92%), Vitamin B6: 0.32mg (15.85%), Potassium: 518.25mg (14.81%), Folate: 57.9µg (14.47%), Iron: 2.58mg (14.34%), Vitamin B2: 0.24mg (13.87%), Zinc: 2.03mg (13.53%), Vitamin B1: 0.18mg (11.97%), Copper: 0.23mg (11.69%), Vitamin B5: 0.62mg (6.15%), Vitamin B12: 0.36µg (6.05%), Vitamin E: 0.64mg (4.29%)