



Cheesy Enchilada Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



635 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups roasted chicken cooked
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup salsa thick
- ☐ 19 oz enchilada sauce red canned
- ☐ 11 oz corn whole drained canned
- ☐ 2 cups tortilla chips
- ☐ 0.3 cup spring onion sliced
- ☐ 0.8 cup tomatoes chopped

☐ 1 cup cheddar cheese shredded with jalapeño peppers cheese blend (4 oz)

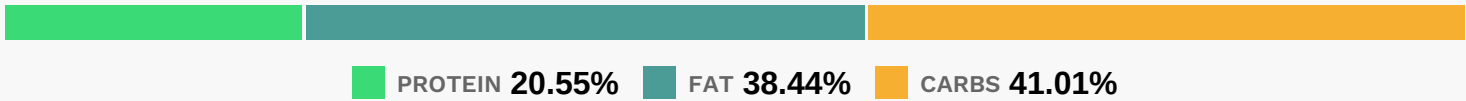
Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In medium bowl, mix chicken, sugar, salsa, enchilada sauce and corn.
- ☐ Place tortilla chips in ungreased 8-inch square (2-quart) glass baking dish. Top with chicken mixture.
- ☐ Sprinkle with onions, tomato and cheese.
- ☐ Bake 35 to 45 minutes or until hot and bubbly. If desired, arrange additional tortilla chips around edge of dish.

Nutrition Facts



Properties

Glycemic Index:41.77, Glycemic Load:1.26, Inflammation Score:-8, Nutrition Score:19.534782549609%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg 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: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 635.42kcal (31.77%), Fat: 27.4g (42.15%), Saturated Fat: 8.49g (53.09%), Carbohydrates: 65.77g (21.92%), Net Carbohydrates: 59.3g (21.56%), Sugar: 12.64g (14.04%), Cholesterol: 80.75mg (26.92%), Sodium: 1936.04mg (84.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.95g (65.9%), Phosphorus: 444.54mg (44.45%), Selenium: 28.08µg (40.12%), Vitamin B3: 7.18mg (35.92%), Vitamin A: 1662.71IU (33.25%), Calcium: 287.04mg (28.7%), Vitamin K: 29.21µg (27.81%), Fiber: 6.48g (25.91%), Vitamin B6: 0.49mg (24.64%), Magnesium: 88.4mg (22.1%), Zinc: 3.25mg (21.66%), Vitamin E: 2.82mg (18.82%), Vitamin B2: 0.3mg (17.67%), Iron: 3.05mg (16.95%), Vitamin B5: 1.57mg (15.74%), Potassium: 544.47mg (15.56%), Folate: 48.43µg (12.11%), Vitamin C: 9.64mg (11.68%), Vitamin B1: 0.17mg (11.26%), Copper: 0.17mg (8.6%), Vitamin B12: 0.5µg (8.37%), Manganese: 0.14mg (6.85%),

Vitamin D: 0.17µg (1.13%)