



Cheesy Mexican Chicken

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz cream of chicken soup canned
- 4.5 cups rice long-grain white hot cooked
- 1 cup corn chips
- 1.5 cups mild cheddar cheese shredded divided kraft
- 0.5 cup milk
- 1.5 lb chicken breasts boneless skinless
- 1 oz taco bellâ® taco seasoning mix

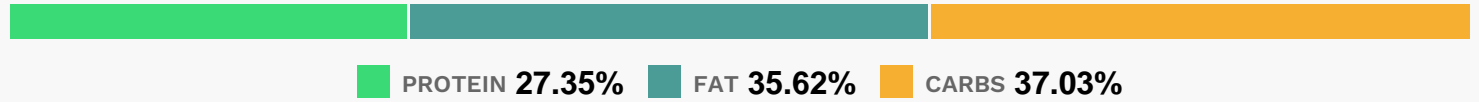
Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Place chicken in 13x9-inch baking dish sprayed with cooking spray.
- Mix soup, 1 cup cheese, milk and seasoning mix until blended; spoon over chicken. Cover.
- Bake 30 min. Top with chips and remaining cheese; bake, uncovered, 10 min. or until chicken is done (165F) and cheese is melted.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:3.95, Glycemic Load:4.13, Inflammation Score:-1, Nutrition Score:2.3108695745468%

Nutrients (% of daily need)

Calories: 59.04kcal (2.95%), Fat: 2.31g (3.55%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 5.18g (1.89%), Sugar: 0.25g (0.28%), Cholesterol: 11.68mg (3.89%), Sodium: 121.47mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.97%), Selenium: 6.06µg (8.66%), Vitamin B3: 1.38mg (6.9%), Vitamin B6: 0.11mg (5.54%), Phosphorus: 52.59mg (5.26%), Manganese: 0.07mg (3.69%), Calcium: 29.36mg (2.94%), Vitamin B5: 0.27mg (2.67%), Vitamin B2: 0.03mg (2.02%), Zinc: 0.29mg (1.95%), Vitamin A: 95.92IU (1.92%), Magnesium: 7.22mg (1.81%), Potassium: 60.83mg (1.74%), Vitamin E: 0.2mg (1.31%), Vitamin B12: 0.07µg (1.16%), Copper: 0.02mg (1.08%), Iron: 0.19mg (1.03%)