



Cheesy Southwest Chicken Casserole

READY IN



70 min.

SERVINGS



5

CALORIES



569 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 ounces soup noodles uncooked (mini-lasagna noodle)
- 1 cup corn whole frozen
- 0.3 cup olives ripe sliced
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup milk
- 0.5 cup spring onion sliced
- 0.5 cup roma tomatoes chopped (plum)
- 16 ounces double cream
- 9 ounces liquid smoke frozen cooked

4 ounces monterrey jack cheese shredded

Equipment

bowl

oven

baking pan

Directions

Heat oven to 350°. Spray rectangular baking dish, 11x7x1 1/2 inches, with cooking spray. Cook and drain pasta as directed on package.

Mix pasta and remaining ingredients except cheese in large bowl. Spoon into baking dish.

Cover and bake 45 minutes.

Sprinkle with cheese.

Bake uncovered 5 to 10 minutes or until cheese is melted and casserole is bubbly.

Nutrition Facts

PROTEIN 9.89% **FAT 65.96%** **CARBS 24.15%**

Properties

Glycemic Index:41.8, Glycemic Load:10.94, Inflammation Score:-8, Nutrition Score:13.689130326976%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 568.64kcal (28.43%), Fat: 42.19g (64.9%), Saturated Fat: 25.81g (161.29%), Carbohydrates: 34.74g (11.58%), Net Carbohydrates: 32.86g (11.95%), Sugar: 5.35g (5.95%), Cholesterol: 124.65mg (41.55%), Sodium: 439.43mg (19.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.23g (28.47%), Selenium: 27.95µg (39.92%), Vitamin A: 1911.61IU (38.23%), Vitamin K: 28.7µg (27.33%), Calcium: 270.43mg (27.04%), Phosphorus: 256.37mg (25.64%), Manganese: 0.38mg (18.96%), Vitamin B2: 0.32mg (18.86%), Vitamin D: 1.77µg (11.78%), Zinc: 1.61mg (10.76%), Magnesium: 41.31mg (10.33%), Potassium: 330.29mg (9.44%), Vitamin E: 1.4mg (9.33%), Folate:

33.18µg (8.3%), Copper: 0.16mg (7.86%), Vitamin C: 6.39mg (7.75%), Fiber: 1.88g (7.51%), Vitamin B12: 0.42µg (7.02%), Vitamin B6: 0.14mg (6.81%), Iron: 1.02mg (5.67%), Vitamin B3: 1.13mg (5.63%), Vitamin B1: 0.08mg (5.47%), Vitamin B5: 0.52mg (5.21%)