



Cheesy Southwest Chicken Casserole

READY IN



70 min.

SERVINGS



5

CALORIES



340 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 ounces chicken breast frozen cooked
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 1 cup corn whole frozen
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 cup spring onion sliced
- ☐ 0.3 cup milk
- ☐ 0.3 cup olives ripe sliced
- ☐ 6 ounces soup noodles uncooked (mini-lasagna noodle)
- ☐ 16 ounces pasta sauce

☐ 0.5 cup roma tomatoes chopped (plum)

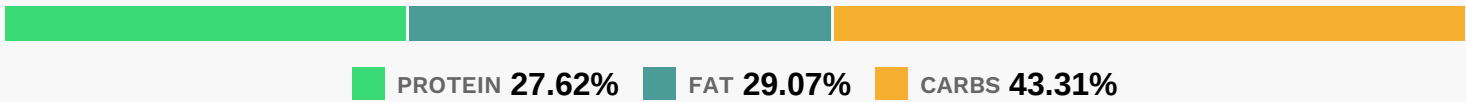
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 35
- ☐ 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



Properties

Glycemic Index:50.8, Glycemic Load:12.49, Inflammation Score:-7, Nutrition Score:18.318695669589%

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: 340.14kcal (17.01%), Fat: 11.03g (16.97%), Saturated Fat: 5.27g (32.92%), Carbohydrates: 36.98g (12.33%), Net Carbohydrates: 33.74g (12.27%), Sugar: 5.93g (6.59%), Cholesterol: 54.8mg (18.27%), Sodium: 790.85mg (34.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.16%), Selenium: 42.1µg (60.14%), Vitamin B3: 7.29mg (36.45%), Phosphorus: 335.41mg (33.54%), Vitamin B6: 0.58mg (28.78%), Vitamin K: 28.44µg (27.08%), Manganese: 0.48mg (24.15%), Calcium: 225.81mg (22.58%), Potassium: 702.35mg (20.07%), Vitamin A: 986.17IU

(19.72%), Vitamin C: 12.81mg (15.53%), Magnesium: 61.83mg (15.46%), Vitamin B2: 0.26mg (15.3%), Copper: 0.27mg (13.26%), Vitamin E: 1.97mg (13.12%), Vitamin B5: 1.3mg (12.97%), Fiber: 3.24g (12.95%), Zinc: 1.89mg (12.61%), Iron: 1.99mg (11.06%), Folate: 39.76µg (9.94%), Vitamin B1: 0.12mg (7.88%), Vitamin B12: 0.38µg (6.3%), Vitamin D: 0.37µg (2.44%)