



Chicken Chilaquiles Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



366 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup vegetable oil
- ☐ 8.2 oz flour tortilla soft for tacos and fajitas (10 count cut into 1/2-inch strips)
- ☐ 2 cups chicken shredded cooked
- ☐ 1.3 cups salsa verde green
- ☐ 8 ounces mozzarella cheese shredded

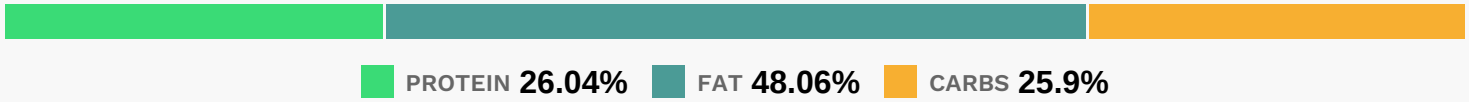
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oil in 10-inch skillet until hot. Cook tortilla strips in oil 30 to 60 seconds or until light golden brown; drain.
- ☐ Heat oven to 350°F. Grease 2-quart casserole.
- ☐ Layer half of the tortilla strips in casserole; top with chicken, half of the salsa verde (about 2/3 cup) and 1 cup of the cheese. Press layers gently down into casserole. Repeat with remaining tortilla strips, sauce and cheese.
- ☐ Bake about 30 minutes or until cheese is melted and golden brown.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:6.27, Inflammation Score:-5, Nutrition Score:12.351739074873%

Nutrients (% of daily need)

Calories: 365.61kcal (18.28%), Fat: 19.05g (29.31%), Saturated Fat: 7.5g (46.88%), Carbohydrates: 23.1g (7.7%), Net Carbohydrates: 21.75g (7.91%), Sugar: 4.97g (5.52%), Cholesterol: 64.86mg (21.62%), Sodium: 918.26mg (39.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.23g (46.46%), Selenium: 26.55µg (37.92%), Phosphorus: 303.22mg (30.32%), Vitamin B3: 5.43mg (27.15%), Calcium: 253.05mg (25.31%), Vitamin B2: 0.28mg (16.75%), Vitamin B12: 1µg (16.62%), Vitamin B1: 0.24mg (15.68%), Zinc: 2.02mg (13.46%), Iron: 2.14mg (11.88%), Vitamin A: 588.55IU (11.77%), Vitamin B6: 0.23mg (11.41%), Manganese: 0.21mg (10.53%), Folate: 41.4µg (10.35%), Vitamin K: 10.34µg (9.85%), Potassium: 285.98mg (8.17%), Magnesium: 25.88mg (6.47%), Vitamin B5: 0.57mg (5.7%), Fiber: 1.36g (5.42%), Copper: 0.07mg (3.55%), Vitamin E: 0.37mg (2.46%), Vitamin C: 1.91mg (2.31%), Vitamin D: 0.15µg (1.01%)