



## Chicken Chilaquiles Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



392 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10 8-inch corn tortillas cut into 1/2-inch strips (6 to es in diameter)
- 1.3 cups salsa verde green
- 2 cups chicken shredded cooked
- 8 ounces mozzarella cheese shredded
- 0.5 cup vegetable oil

### 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 350F. 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

 **PROTEIN 24.4%**  **FAT 41.11%**  **CARBS 34.49%**

## Properties

Glycemic Index:12.92, Glycemic Load:13.12, Inflammation Score:-6, Nutrition Score:13.026956496031%

## Nutrients (% of daily need)

Calories: 392.39kcal (19.62%), Fat: 17.86g (27.48%), Saturated Fat: 6.67g (41.7%), Carbohydrates: 33.7g (11.23%), Net Carbohydrates: 29.5g (10.73%), Sugar: 4.11g (4.57%), Cholesterol: 64.86mg (21.62%), Sodium: 663.1mg (28.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.85g (47.7%), Phosphorus: 432.74mg (43.27%), Selenium: 21.97µg (31.39%), Calcium: 250.49mg (25.05%), Vitamin B3: 4.72mg (23.59%), Zinc: 2.69mg (17.91%), Vitamin B6: 0.35mg (17.57%), Fiber: 4.2g (16.8%), Vitamin B12: 1µg (16.62%), Magnesium: 65.36mg (16.34%), Vitamin B2: 0.22mg (12.88%), Manganese: 0.24mg (11.83%), Vitamin A: 589.88IU (11.8%), Potassium: 361.55mg (10.33%), Iron: 1.55mg (8.62%), Vitamin K: 7.55µg (7.19%), Vitamin B1: 0.1mg (6.86%), Copper: 0.13mg (6.67%), Vitamin B5: 0.58mg (5.8%), Vitamin E: 0.56mg (3.7%), Vitamin C: 1.91mg (2.31%), Folate: 8.31µg (2.08%), Vitamin D: 0.15µg (1.01%)