



## Chicken Enchilada Bake

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 11 oz regular corn drained canned
- 8 oz four cheese shredded mexican style divided kraft finely
- 6 6-inch corn tortillas ()
- 0.5 cup knudsen cream sour
- 19 oz enchilada sauce canned
- 2 large jalapeño peppers stemmed chopped
- 4 cups meat from a rotisserie chicken shredded cooked

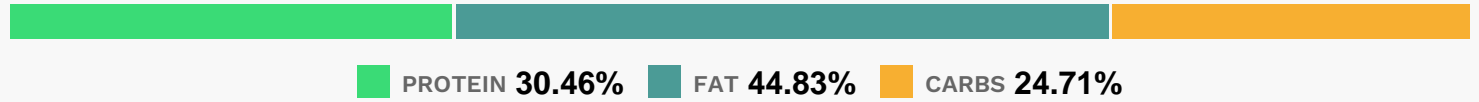
## Equipment

- oven
- baking pan

## Directions

- Heat oven to 350F.
- Combine first 4 ingredients.
- Spoon into 13x9-inch baking dish sprayed with cooking spray; top with 1 cup cheese and tortillas. Spray lightly with cooking spray; cover.
- Bake 25 min. Top with remaining cheese; bake, uncovered, 5 min. or until melted.
- Serve topped with sour cream.

## Nutrition Facts



## Properties

Glycemic Index:1.94, Glycemic Load:0.73, Inflammation Score:-2, Nutrition Score:2.6760869628709%

## Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 65.34kcal (3.27%), Fat: 3.24g (4.99%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 4.03g (1.34%), Net Carbohydrates: 3.48g (1.27%), Sugar: 1.1g (1.23%), Cholesterol: 15.88mg (5.29%), Sodium: 159.94mg (6.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.92%), Vitamin C: 6.24mg (7.56%), Selenium: 4.79µg (6.85%), Phosphorus: 64.1mg (6.41%), Vitamin B3: 1.13mg (5.63%), Calcium: 43.38mg (4.34%), Vitamin B6: 0.08mg (3.97%), Vitamin A: 178.4IU (3.57%), Zinc: 0.46mg (3.05%), Vitamin B2: 0.05mg (2.95%), Fiber: 0.55g (2.18%), Magnesium: 8.22mg (2.05%), Potassium: 62.82mg (1.79%), Iron: 0.31mg (1.75%), Vitamin B5: 0.16mg (1.61%), Vitamin B12: 0.09µg (1.58%), Manganese: 0.03mg (1.35%), Vitamin B1: 0.02mg (1.21%), Folate: 4.75µg (1.19%), Copper: 0.02mg (1.08%)