



# Chicken Enchilada Casserole

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



353 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 20 oz enchilada sauce canned
- 20 oz enchilada sauce canned
- 2 cups cheese shredded
- 1 lb chicken shredded cooked
- 10 oz canned tomatoes with green chilis canned
- 15 oz refried beans canned
- 6 flour tortilla
- 8 servings spring onion

## Equipment

- oven
- baking pan
- aluminum foil

## Directions

- Heat oven to 37
- Prepare a 9 x 13 baking dish and begin by placing a layer of tortillas on the bottom of the dish.
- Then add a layer of chicken and 1/4 a cup of the shredded cheese.
- Add on half a can of tomatoes and green chilies and one can of the verde enchilada sauce.
- Finish the layer with a half a can of the refried beans.
- Then cover with another layer of flour tortilla pieces, and start the layering process again.
- Once you are finished layering, cover the top with the remaining shredded cheese.
- Cover with foil, and then bake in the oven for 30 minutes.
- Remove the foil, add a few green onion tops, and bake for an additional 5 minutes until the cheese is melted and bubbly. Allow to sit for 10–15 minutes to allow to cool before serving. Serving any sooner may give you a soupy, but still delicious dinner.

## Nutrition Facts



## Properties

Glycemic Index:21.25, Glycemic Load:5.87, Inflammation Score:-6, Nutrition Score:14.351739130435%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 353.11kcal (17.66%), Fat: 11.93g (18.35%), Saturated Fat: 5.38g (33.64%), Carbohydrates: 32.32g (10.77%), Net Carbohydrates: 26.06g (9.48%), Sugar: 13.61g (15.12%), Cholesterol: 64.64mg (21.55%), Sodium: 1966.02mg

(85.48%), Protein: 27.51g (55.02%), Selenium: 23.97µg (34.25%), Vitamin B3: 5.96mg (29.78%), Phosphorus: 267.89mg (26.79%), Vitamin A: 1338.11IU (26.76%), Fiber: 6.26g (25.04%), Calcium: 214.96mg (21.5%), Iron: 3.5mg (19.47%), Vitamin K: 16.56µg (15.77%), Vitamin B6: 0.31mg (15.65%), Vitamin B2: 0.25mg (14.66%), Vitamin B12: 0.8µg (13.38%), Zinc: 1.92mg (12.79%), Vitamin B1: 0.19mg (12.44%), Manganese: 0.2mg (10.18%), Vitamin C: 7.22mg (8.76%), Folate: 34.39µg (8.6%), Potassium: 299.64mg (8.56%), Magnesium: 30.74mg (7.69%), Vitamin B5: 0.73mg (7.31%), Copper: 0.13mg (6.43%), Vitamin E: 0.53mg (3.53%)