



Chicken Enchilada Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



441 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon chili powder
- 12 corn tortillas
- 2 cloves garlic minced
- 0.8 teaspoon pepper black
- 3 cups monterrey jack cheese shredded
- 1 large onion chopped
- 0.8 teaspoon salt
- 4 cups chicken shredded cooked

- 29 oz tomato purée canned
- 2 tablespoons vegetable oil pure

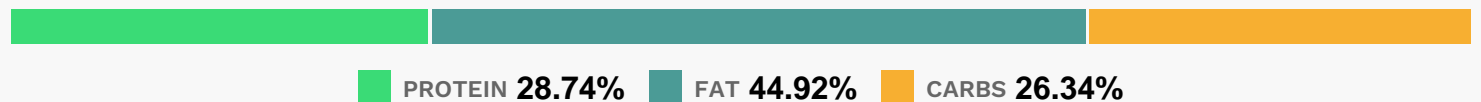
Equipment

- sauce pan
- oven
- baking pan
- aluminum foil

Directions

- Hands On: 20 minutes Total: 55 minutes Preheat oven to 350F. Spray 13- x 9-inch baking dish with cooking spray; set aside.
- Heat oil in medium saucepan over medium heat.
- Add onions and garlic; cook and stir 5 minutes, or until onions are crisp-tender. Stir in tomato puree, chili powder, salt and pepper. Reduce heat to low; simmer 10 minutes, stirring occasionally.
- Layer 4 tortillas, half of the chicken, 2/3 cup of the cheese and 1/4 of the sauce in prepared dish. Repeat layers. Top with remaining 4 tortillas, remaining sauce and remaining 2/3 cup cheese. Cover with aluminum foil.
- Bake 30 minutes. Uncover; bake an additional 5 minutes.
- Cut into 8 pieces to serve.

Nutrition Facts



Properties

Glycemic Index:20.81, Glycemic Load:8.1, Inflammation Score:-8, Nutrition Score:20.606956606326%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg

Nutrients (% of daily need)

Calories: 440.99kcal (22.05%), Fat: 22.38g (34.43%), Saturated Fat: 10.12g (63.26%), Carbohydrates: 29.53g (9.84%), Net Carbohydrates: 24.39g (8.87%), Sugar: 6.39g (7.1%), Cholesterol: 90.21mg (30.07%), Sodium: 588.4mg (25.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.22g (64.43%), Phosphorus: 495.99mg (49.6%), Vitamin B3: 7.79mg (38.96%), Calcium: 384.54mg (38.45%), Selenium: 26.88µg (38.4%), Vitamin B6: 0.59mg (29.43%), Vitamin A: 1177.42IU (23.55%), Vitamin B2: 0.39mg (23.02%), Zinc: 3.3mg (22.02%), Potassium: 770.73mg (22.02%), Copper: 0.43mg (21.53%), Iron: 3.71mg (20.59%), Fiber: 5.14g (20.56%), Magnesium: 81.74mg (20.43%), Manganese: 0.4mg (19.78%), Vitamin E: 2.91mg (19.4%), Vitamin C: 12.52mg (15.18%), Vitamin B5: 1.3mg (13.03%), Vitamin K: 12.26µg (11.67%), Vitamin B12: 0.55µg (9.25%), Vitamin B1: 0.12mg (8.33%), Folate: 28.28µg (7.07%), Vitamin D: 0.25µg (1.69%)