



Chicken Enchilada Casserole

 Gluten Free

READY IN



55 min.

SERVINGS



3

CALORIES



335 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 6-inch corn tortillas ()
- 1 oz weight cream cheese fat-free cut into cubes
- 0.3 teaspoon ground cumin
- 0.3 cup quick-cooking brown rice instant uncooked
- 0.3 cup mild cheddar cheese shredded reduced-fat
- 0.5 medium bell pepper red finely chopped
- 3 tablespoons refried beans fat-free (from 16-oz can)
- 1 chicken breast boneless skinless cut into thin bite-size strips

18.5 oz savory vegetable light southwestern-style canned

Equipment

frying pan

oven

Directions

Heat oven to 350F. In 12-inch nonstick skillet, cook chicken and bell pepper over medium-high heat 4 to 6 minutes, stirring constantly, until chicken begins to brown and bell pepper is crisp-tender.

Sprinkle with cumin.

Stir in soup.

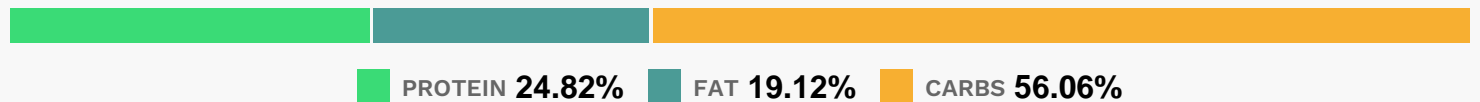
Heat to boiling. Stir in rice; reduce heat to low. Cover; cook 10 minutes or until rice is tender.

Stir cream cheese into chicken mixture until well blended.

Spread 1 tablespoon of the refried beans on 1 tortilla; place, beans side up, in bottom of ungreased 1-quart casserole. Top with 1 cup chicken mixture; sprinkle with 1 tablespoon of the cheese. Repeat 2 times. Top with remaining tortilla; sprinkle with remaining cheese.

Cover; bake 20 to 25 minutes or until mixture is hot and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:66.17, Glycemic Load:14.87, Inflammation Score:-10, Nutrition Score:24.235217348389%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 334.61kcal (16.73%), Fat: 7.4g (11.38%), Saturated Fat: 3.04g (18.99%), Carbohydrates: 48.82g (16.27%), Net Carbohydrates: 38.44g (13.98%), Sugar: 2.08g (2.31%), Cholesterol: 37.8mg (12.6%), Sodium: 377.95mg (16.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.62g (43.23%), Vitamin A: 9655.82IU (193.12%),

Vitamin C: 44.03mg (53.37%), Fiber: 10.38g (41.51%), Phosphorus: 412.47mg (41.25%), Vitamin B3: 7.37mg (36.85%), Manganese: 0.65mg (32.32%), Selenium: 21.58µg (30.83%), Vitamin B6: 0.61mg (30.32%), Vitamin B1: 0.36mg (23.7%), Folate: 88.73µg (22.18%), Magnesium: 86.17mg (21.54%), Calcium: 205.07mg (20.51%), Potassium: 657.17mg (18.78%), Vitamin B2: 0.31mg (18.15%), Iron: 3.05mg (16.93%), Zinc: 2.22mg (14.81%), Copper: 0.25mg (12.56%), Vitamin B5: 1.08mg (10.85%), Vitamin B12: 0.3µg (4.97%), Vitamin E: 0.59mg (3.91%), Vitamin K: 1.38µg (1.32%)