



Chicken Enchilada Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup beer
- ☐ 9 ounce chilis green drained chopped canned
- ☐ 28 ounce canned tomatoes whole drained chopped canned
- ☐ 6 6-inch corn tortillas cut in half ()
- ☐ 2 large egg substitute lightly beaten
- ☐ 5 tablespoons flour all-purpose
- ☐ 4 garlic clove minced
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 0.3 teaspoon ground coriander

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 cups milk 1% low-fat
- ☐ 3 ounces monterrey jack cheese shredded
- ☐ 2.3 ounce olives ripe drained sliced canned
- ☐ 1.5 cups onion chopped
- ☐ 0.5 cup salsa
- ☐ 0.5 teaspoon salt
- ☐ 3 ounces sharp cheddar cheese shredded
- ☐ 1.3 pounds chicken breast
- ☐ 0.5 cup cream fat-free sour

Equipment

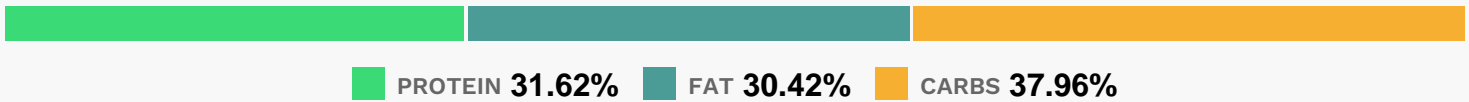
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Coat a large nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Add chicken; cook 6 minutes on each side or until done.
- ☐ Remove chicken from skillet; let cool. Shred chicken with 2 forks; set aside.
- ☐ Recoat skillet with cooking spray; place over medium heat.
- ☐ Add onion and garlic; saut 5 minutes or until tender.
- ☐ Add shredded chicken, beer, red pepper, and tomatoes; cook 10 minutes or until most of liquid evaporates.

- ☐ Remove from heat. Reserve 1 tablespoon green onions and 1 tablespoon olives for garnish. Stir remaining green onions, remaining olives, and chiles into chicken mixture; set aside.
- ☐ Combine flour, salt, cumin, and coriander in a medium saucepan. Gradually add milk, stirring with a whisk until blended.
- ☐ Place over medium heat; cook 7 minutes or until thick, stirring constantly. Gradually add hot milk mixture to egg whites, stirring constantly with whisk. Set aside.
- ☐ Place cheeses in a bowl; toss well. Set aside.
- ☐ Spread 1/2 cup white sauce in bottom of a 2 1/2-quart round casserole or souffl dish coated with cooking spray. Arrange 4 tortilla halves over sauce; top with 2 cups chicken mixture, 1/2 cup white sauce, and 1/2 cup cheese mixture. Repeat layers twice, ending with sauce. Set remaining 1/2 cup cheese mixture aside.
- ☐ Bake, uncovered, at 350 for 40 minutes or until hot.
- ☐ Sprinkle with remaining 1/2 cup cheese mixture, reserved green onions, and reserved olives; bake an additional 5 minutes.
- ☐ Let stand 10 minutes before serving.
- ☐ Serve with sour cream and salsa.
- ☐ NOTE: You can assemble the casserole ahead of time; cover and chill in the refrigerator overnight, then bake at 350 for 1 hours or until bubbly. Or freeze casserole, thaw in refrigerator 24 hours, then bake for 1 hour or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:9.55, Inflammation Score:-8, Nutrition Score:22.658695449%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 337.68kcal (16.88%), Fat: 11.55g (17.77%), Saturated Fat: 5.14g (32.12%), Carbohydrates: 32.42g (10.81%), Net Carbohydrates: 27.32g (9.94%), Sugar: 9.73g (10.81%), Cholesterol: 69.7mg (23.23%), Sodium: 905.38mg (39.36%), Alcohol: 0.58g (100%), Alcohol %: 0.18% (100%), Protein: 27.01g (54.01%), Vitamin B3: 9.83mg (49.17%), Selenium: 33.54µg (47.91%), Vitamin B6: 0.92mg (45.77%), Phosphorus: 442.84mg (44.28%), Calcium: 337.41mg (33.74%), Vitamin C: 25.13mg (30.46%), Potassium: 880.6mg (25.16%), Vitamin B2: 0.39mg (22.75%), Fiber: 5.1g (20.39%), Magnesium: 78.5mg (19.63%), Manganese: 0.39mg (19.6%), Vitamin K: 19.93µg (18.98%), Vitamin B5: 1.73mg (17.29%), Vitamin B1: 0.25mg (16.8%), Vitamin A: 816.28IU (16.33%), Iron: 2.92mg (16.24%), Folate: 61.05µg (15.26%), Copper: 0.29mg (14.58%), Zinc: 2.17mg (14.49%), Vitamin E: 2.12mg (14.15%), Vitamin B12: 0.75µg (12.49%), Vitamin D: 0.85µg (5.68%)