

## Chicken Enchilada Casserole II

READY IN



60 min.

SERVINGS



12

CALORIES



521 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 8 ounce chili beans sauce drained canned
- 10.8 ounce cream of chicken soup canned
- 6 12-inch flour tortilla cut into strips ()
- 0.3 cup onion diced
- 16 ounce salsa
- 4 cups cheddar cheese shredded
- 6 chicken breast halves shredded boneless skinless cooked
- 16 ounce cream sour

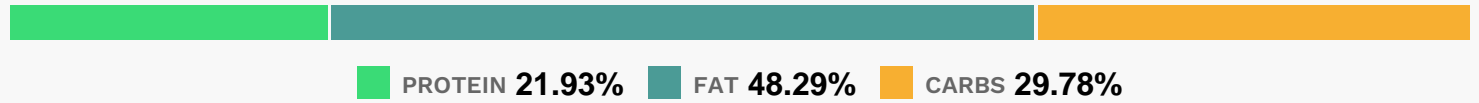
# Equipment

- bowl
- oven
- baking pan

# Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, mix sour cream, salsa, cream of chicken soup, onion and chili beans.
- Layer the bottom of a 9x13 inch baking dish with 1/3 tortilla strips. Top with 1/3 chicken, 1/3 sour cream mixture and 1/3 Cheddar cheese. Repeat layering with remaining ingredients.
- Bake in the preheated oven 20 to 30 minutes, or until golden and bubbly.
- Let stand about 10 minutes, or as long as you can stand it!!! You're done!

# Nutrition Facts



# Properties

Glycemic Index:10.92, Glycemic Load:9.99, Inflammation Score:-7, Nutrition Score:20.413043587104%

# Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

# Nutrients (% of daily need)

Calories: 520.84kcal (26.04%), Fat: 27.89g (42.9%), Saturated Fat: 13.5g (84.39%), Carbohydrates: 38.7g (12.9%), Net Carbohydrates: 35.17g (12.79%), Sugar: 6.24g (6.93%), Cholesterol: 98.16mg (32.72%), Sodium: 1306.52mg (56.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.5g (57%), Selenium: 43.93µg (62.76%), Phosphorus: 487.35mg (48.74%), Vitamin B3: 9.06mg (45.31%), Calcium: 411.29mg (41.13%), Vitamin B6: 0.62mg (30.99%), Vitamin B2: 0.5mg (29.4%), Vitamin B1: 0.37mg (24.47%), Folate: 73.59µg (18.4%), Manganese: 0.36mg (18.11%), Zinc: 2.67mg (17.8%), Iron: 3.15mg (17.51%), Vitamin A: 859.85IU (17.2%), Potassium: 556.43mg (15.9%), Magnesium: 56.7mg (14.18%), Fiber: 3.53g (14.1%), Vitamin B5: 1.31mg (13.1%), Copper: 0.2mg (9.99%), Vitamin B12: 0.59µg (9.89%), Vitamin K: 8.41µg (8.01%), Vitamin E: 1.17mg (7.81%), Vitamin C: 2.33mg (2.82%), Vitamin D: 0.28µg

(1.88%)