

Chicken Enchilada Lasagna

 **Gluten Free**

READY IN



75 min.

SERVINGS



6

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz colby cheese shredded
- ☐ 8 6-inch corn tortillas cut in half ()
- ☐ 10 oz enchilada sauce old el paso® canned
- ☐ 0.5 cup spring onion sliced (8 medium)
- ☐ 2 tablespoons olives ripe sliced
- ☐ 1 large rotisserie chicken cut cubed cooked (4 cups chicken)
- ☐ 0.5 cup salsa thick old el paso®
- ☐ 0.5 cup cream sour

- ☐ 2 tablespoons taco seasoning old el paso® (from 1-oz package)
- ☐ 1 cup tomatoes chopped (1 large)
- ☐ 2 cups tortilla chips

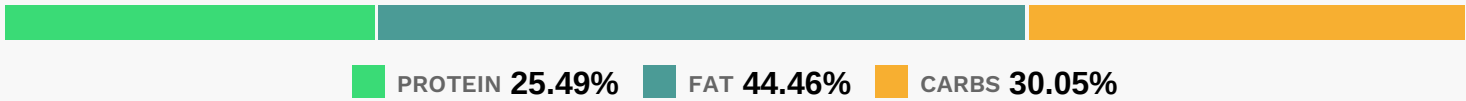
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In small bowl, mix enchilada sauce and salsa; reserve 1/4 cup of the mixture. In large bowl, mix remaining enchilada sauce mixture, the chicken, sour cream, 1/4 cup of the green onions and the taco seasoning mix.
- ☐ Spoon reserved 1/4 cup reserved enchilada sauce in bottom of baking dish. Arrange 8 tortilla pieces over sauce, overlapping as necessary. Spoon half of the chicken mixture over tortillas; sprinkle with 2/3 cup of the cheese. Repeat layers. Cover with foil.
- ☐ Bake 30 to 35 minutes or until hot.
- ☐ Layer tortilla chips, tomato, olives, remaining 1/4 cup green onions and remaining 2/3 cup cheese over top of casserole.
- ☐ Bake uncovered 5 minutes longer.
- ☐ Let stand 10 minutes before serving.
- ☐ Garnish with cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:20.08, Glycemic Load:7.09, Inflammation Score:-7, Nutrition Score:14.180434734925%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 665.14kcal (33.26%), Fat: 33.46g (51.48%), Saturated Fat: 13.04g (81.52%), Carbohydrates: 50.87g (16.96%), Net Carbohydrates: 44.67g (16.24%), Sugar: 6.47g (7.18%), Cholesterol: 143.22mg (47.74%), Sodium: 1385.78mg (60.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.16g (86.32%), Phosphorus: 398.5mg (39.85%), Calcium: 362.93mg (36.29%), Vitamin K: 29.48µg (28.08%), Vitamin A: 1294.73IU (25.89%), Fiber: 6.21g (24.83%), Magnesium: 76.85mg (19.21%), Zinc: 2.33mg (15.51%), Selenium: 10.26µg (14.66%), Vitamin E: 2.17mg (14.5%), Vitamin B2: 0.24mg (14.22%), Vitamin B6: 0.25mg (12.31%), Iron: 1.94mg (10.8%), Potassium: 345.09mg (9.86%), Manganese: 0.19mg (9.29%), Vitamin C: 6.87mg (8.33%), Vitamin B1: 0.12mg (7.84%), Copper: 0.15mg (7.44%), Vitamin B5: 0.71mg (7.09%), Vitamin B3: 1.33mg (6.67%), Folate: 24.29µg (6.07%), Vitamin B12: 0.35µg (5.9%), Vitamin D: 0.23µg (1.51%)