



Chicken Enchilada Pie

READY IN



80 min.

SERVINGS



6

CALORIES



687 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 19 oz enchilada sauce canned
- 2 tablespoons spring onion thinly sliced (2 medium)
- 15.5 oz old el taco dinner kit
- 8 oz monterrey jack cheese shredded
- 1 lb chicken breast boneless skinless cut into bite-size pieces
- 0.3 cup cream sour
- 2 cups water
- 1 cup corn syrup white frozen

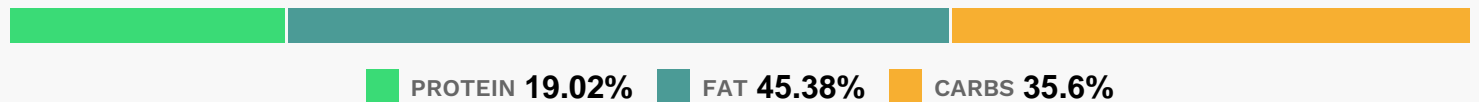
Equipment

- frying pan
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 350F. In 10-inch nonstick skillet, cook chicken, stirring occasionally, until browned. Stir in water, seasoning mix and seasoned rice & beans (from dinner kit).
- Heat to boiling over medium-high heat, stirring occasionally. Reduce heat to medium. Cook uncovered 9 to 11 minutes, stirring frequently, until almost all liquid is absorbed and rice is tender.
- Remove from heat.
- Spray 9-inch round (3-quart) glass baking dish or casserole with cooking spray.
- Cut tortillas (from dinner kit) in half.
- Layer 4 of the tortilla halves in bottom of baking dish. Top with half (2 cups) of the chicken mixture. Top with 4 tortilla halves. Spoon corn over tortillas.
- Spread half of the enchilada sauce over corn.
- Sprinkle with 1 cup of the cheese. Top with 4 tortilla halves. Top with remaining chicken mixture. Continue layering with remaining tortilla halves, enchilada sauce, cheese and onions.
- Bake 35 to 45 minutes or until mixture is hot and cheese is melted. Cool 5 minutes. Top with sour cream.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:21.06, Inflammation Score:-7, Nutrition Score:17.946086810983%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 686.96kcal (34.35%), Fat: 34.68g (53.35%), Saturated Fat: 21.85g (136.56%), Carbohydrates: 61.21g (20.4%), Net Carbohydrates: 58.21g (21.17%), Sugar: 44.2g (49.11%), Cholesterol: 95.73mg (31.91%), Sodium: 1140.38mg (49.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.25mg (3.42%), Protein: 32.71g (65.41%), Selenium: 33.91µg (48.44%), Phosphorus: 457.09mg (45.71%), Vitamin B3: 8.73mg (43.67%), Calcium: 391.31mg (39.13%), Vitamin B6: 0.65mg (32.42%), Vitamin B2: 0.41mg (24.01%), Vitamin A: 1051.62IU (21.03%), Vitamin B5: 1.85mg (18.51%), Magnesium: 67.06mg (16.77%), Potassium: 561.69mg (16.05%), Vitamin B12: 0.9µg (14.92%), Zinc: 1.82mg (12.16%), Fiber: 3g (12.01%), Copper: 0.22mg (11.21%), Iron: 2mg (11.11%), Vitamin B1: 0.17mg (11.06%), Vitamin K: 9.29µg (8.85%), Manganese: 0.15mg (7.4%), Folate: 27.07µg (6.77%), Vitamin C: 4.76mg (5.77%), Vitamin E: 0.56mg (3.74%), Vitamin D: 0.3µg (2.02%)