



Chicken Fajita Casserole

READY IN



75 min.

SERVINGS



6

CALORIES



418 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 oz refried beans traditional canned
- 15 oz tomato sauce canned
- 1 oz old bay seasoning
- 9 oz chicken tenderloins frozen thawed cooked
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- 1 lb bell pepper frozen thawed drained
- 8 oz colby cheese shredded

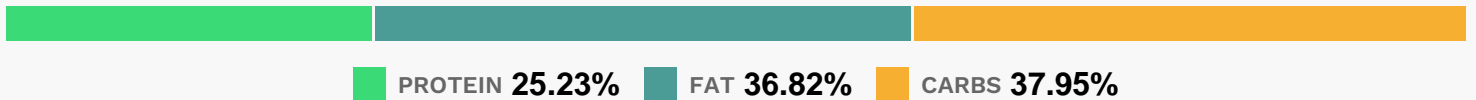
Equipment

- 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 medium bowl, mix refried beans, tomato sauce and fajita seasoning mix. Stir in chicken.
- Spread 1/2 cup of the bean mixture over bottom of baking dish. Arrange 4 tortillas, overlapping if necessary, in baking dish. Top with half of remaining bean mixture, half of the stir-fry vegetables and 1 cup of the cheese. Repeat layers with remaining tortillas, bean mixture, stir-fry vegetables and cheese.
- Cover baking dish with foil.
- Bake 30 minutes. Uncover; bake 15 to 20 minutes longer or until hot and bubbly.
- Let stand 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:10.17, Inflammation Score:-10, Nutrition Score:28.769130551297%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 417.79kcal (20.89%), Fat: 17.13g (26.35%), Saturated Fat: 9.24g (57.73%), Carbohydrates: 39.72g (13.24%), Net Carbohydrates: 32g (11.64%), Sugar: 9.37g (10.41%), Cholesterol: 63.12mg (21.04%), Sodium: 1337.73mg (58.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.41g (52.81%), Vitamin C: 102.8mg (124.61%), Vitamin A: 3249.47IU (64.99%), Vitamin K: 47.64µg (45.37%), Selenium: 28.57µg (40.81%), Calcium: 404.84mg (40.48%), Phosphorus: 388.73mg (38.87%), Vitamin B3: 7.77mg (38.83%), Vitamin B6: 0.72mg (36.15%), Manganese: 0.69mg

(34.34%), Fiber: 7.72g (30.86%), Iron: 5.2mg (28.92%), Vitamin B2: 0.41mg (24.29%), Folate: 92.6µg (23.15%), Vitamin B1: 0.3mg (19.87%), Potassium: 656.1mg (18.75%), Vitamin E: 2.46mg (16.43%), Magnesium: 59.69mg (14.92%), Zinc: 2.11mg (14.04%), Vitamin B5: 1.21mg (12.08%), Copper: 0.2mg (10.09%), Vitamin B12: 0.4µg (6.65%), Vitamin D: 0.27µg (1.8%)