

Chicken Gravy Enchilada Casserole

 Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



379 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 stalks celery chopped
- ☐ 4 cups rotisserie chicken breast meat diced boneless skinless
- ☐ 4 cups campbell's chicken gravy
- ☐ 12 6-inch corn tortillas
- ☐ 1 teaspoon garlic salt
- ☐ 7 ounce chiles diced green canned
- ☐ 1 onion chopped
- ☐ 8 servings salt and pepper to taste

- ☐ 2 cups cheddar cheese shredded
- ☐ 1 cup water

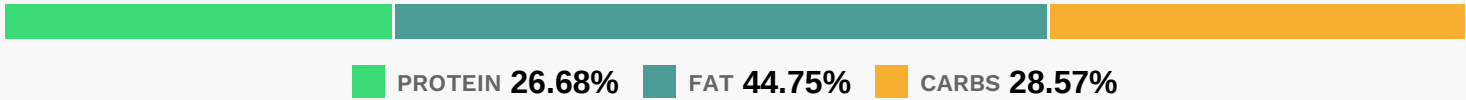
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a large skillet combine chicken, gravy, water, onion, celery, chile peppers, garlic salt, salt and pepper. Stir together to mix. Cover skillet and simmer over low heat for 1 to 2 hours.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a 11x14 inch baking dish layer 6 tortillas, then 1/2 of the chicken mixture, then 1/2 of the cheese. Repeat layers.
- ☐ Bake in the preheated oven for 30 to 40 minutes or until cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:17.06, Glycemic Load:8.08, Inflammation Score:-7, Nutrition Score:15.706956630168%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 378.83kcal (18.94%), Fat: 18.76g (28.86%), Saturated Fat: 8.05g (50.28%), Carbohydrates: 26.95g (8.98%), Net Carbohydrates: 23.6g (8.58%), Sugar: 3.21g (3.57%), Cholesterol: 85.69mg (28.56%), Sodium: 1406.67mg (61.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.16g (50.32%), Selenium: 34.58µg (49.4%), Vitamin B3: 8.64mg (43.21%), Phosphorus: 419.66mg (41.97%), Vitamin B6: 0.72mg (36.2%), Calcium: 254.35mg (25.43%), Vitamin A: 805.25IU (16.1%), Magnesium: 59.53mg (14.88%), Vitamin B2: 0.24mg (14.39%),

Zinc: 2.05mg (13.68%), Fiber: 3.35g (13.41%), Vitamin C: 10.87mg (13.17%), Potassium: 459mg (13.11%), Vitamin B5: 1.3mg (13.03%), Manganese: 0.18mg (8.78%), Folate: 32.29µg (8.07%), Vitamin B12: 0.45µg (7.49%), Vitamin B1: 0.1mg (6.99%), Iron: 1.2mg (6.64%), Copper: 0.11mg (5.27%), Vitamin K: 5.28µg (5.03%), Vitamin E: 0.51mg (3.38%), Vitamin D: 0.24µg (1.63%)