



Chicken Taco Casserole

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



780 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 10 ounce canned tomatoes diced green undrained canned
- ☐ 21.5 ounce campbell's® condensed cream of chicken soup fat free 98% canned (Regular or)
- ☐ 8 servings cilantro leaves fresh chopped
- ☐ 8 servings green onion sliced
- ☐ 2 cups cheddar cheese shredded
- ☐ 4 cups meat from a rotisserie chicken shredded cooked
- ☐ 1 cup cup heavy whipping cream light sour

- ☐ 1 ounce taco seasoning reduced-sodium
- ☐ 8 servings tomatoes chopped
- ☐ 5 cups coarsely tortilla chips crushed

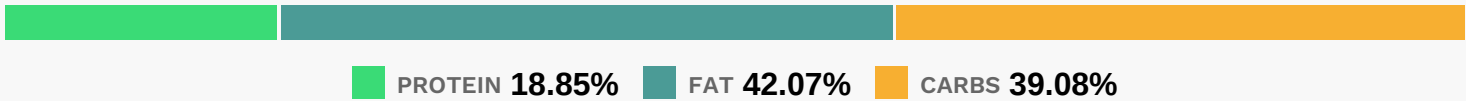
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oven to 350 degrees F. Lightly grease a 13x9x2-inch baking dish. Stir the chicken, soup, sour cream, tomatoes and green chiles, beans and seasoning mix in a large bowl.
- ☐ Layer half the chicken mixture, 3 cups tortilla chips and half the cheese in the baking dish.
- ☐ Layer with the remaining chicken mixture and tortilla chips. Cover the baking dish.
- ☐ Bake for 30 minutes. Uncover the baking dish.
- ☐ Sprinkle with the remaining cheese.
- ☐ Bake, uncovered, for 10 minutes or until hot and bubbling and the cheese is melted.
- ☐ Sprinkle with the chopped tomato, green onion and cilantro before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:5.19, Inflammation Score:-9, Nutrition Score:30.706521936085%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 779.8kcal (38.99%), Fat: 37.19g (57.22%), Saturated Fat: 12.01g (75.05%), Carbohydrates: 77.74g (25.91%), Net Carbohydrates: 66.54g (24.2%), Sugar: 8.23g (9.14%), Cholesterol: 96.91mg (32.3%), Sodium: 1578.52mg (68.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.49g (74.99%), Phosphorus: 583.75mg (58.38%), Vitamin A: 2523.6IU (50.47%), Vitamin K: 47.8µg (45.52%), Selenium: 31.66µg (45.22%), Fiber: 11.21g (44.83%), Vitamin B3: 8.32mg (41.58%), Vitamin C: 32.44mg (39.32%), Calcium: 388.56mg (38.86%), Magnesium: 135.34mg (33.84%), Vitamin B6: 0.67mg (33.55%), Potassium: 1122.38mg (32.07%), Vitamin E: 4.7mg (31.31%), Iron: 5.1mg (28.33%), Zinc: 4.17mg (27.8%), Vitamin B2: 0.47mg (27.57%), Copper: 0.5mg (24.97%), Manganese: 0.47mg (23.52%), Vitamin B1: 0.34mg (22.97%), Folate: 90.68µg (22.67%), Vitamin B5: 2.16mg (21.57%), Vitamin B12: 0.62µg (10.39%), Vitamin D: 0.23µg (1.51%)