



Chicken Tamale Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



309 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.8 ounce corn cream-style canned
- ☐ 4 ounce chilis green drained chopped canned
- ☐ 2 cups chicken shredded cooked
- ☐ 8.5 ounce corn muffin mix white (such as Martha)
- ☐ 0.3 cup egg substitute
- ☐ 0.3 cup skim milk fat-free
- ☐ 1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 10 ounce enchilada sauce red canned (such as Old El Paso)

- ☐ 4 ounces cheddar cheese divided
- ☐ 0.5 cup cream fat-free sour

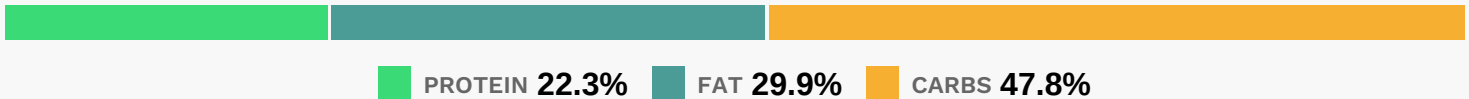
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine 1/4 cup cheese and next 7 ingredients (through chiles) in a large bowl, stirring just until moist.
- ☐ Pour mixture into a 13 x 9inch baking dish coated with cooking spray.
- ☐ Bake at 400 for 15 minutes or until set. Pierce entire surface liberally with a fork; pour enchilada sauce over top. Top with chicken; sprinkle with remaining 3/4 cup cheese.
- ☐ Bake at 400 for 15 minutes or until cheese melts.
- ☐ Remove from oven; let stand 5 minutes.
- ☐ Cut into 8 pieces; top each serving with 1 tablespoon sour cream.

Nutrition Facts



Properties

Glycemic Index:8.78, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:11.24000011838%

Nutrients (% of daily need)

Calories: 308.63kcal (15.43%), Fat: 10.36g (15.94%), Saturated Fat: 4.02g (25.14%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 33.8g (12.29%), Sugar: 11.08g (12.31%), Cholesterol: 41.92mg (13.97%), Sodium: 898.13mg (39.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.39g (34.78%), Phosphorus: 336.11mg (33.61%), Selenium: 16.75µg (23.93%), Vitamin B3: 4.42mg (22.09%), Vitamin B2: 0.28mg (16.2%), Folate: 64.78µg (16.19%), Calcium: 160.74mg (16.07%), Fiber: 3.46g (13.85%), Vitamin B6: 0.26mg (13.06%), Vitamin B1: 0.19mg (12.65%), Iron: 2.18mg (12.09%), Zinc: 1.62mg (10.83%), Vitamin A: 525.84IU (10.52%), Vitamin C: 7.81mg (9.47%), Magnesium:

32.33mg (8.08%), Vitamin B5: 0.79mg (7.87%), Potassium: 268.96mg (7.68%), Manganese: 0.15mg (7.46%),
Vitamin B12: 0.43µg (7.18%), Copper: 0.08mg (4.14%), Vitamin D: 0.3µg (2.02%), Vitamin K: 1.91µg (1.82%), Vitamin E:
0.26mg (1.71%)