



Chicken Tamale Casserole

READY IN



50 min.

SERVINGS



8

CALORIES



682 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 2 teaspoons chili powder
- ☐ 4 cups cornbread crumbled
- ☐ 1 clove garlic minced
- ☐ 4 oz pepper flakes diced green drained canned
- ☐ 1 medium onion chopped
- ☐ 1 small bell pepper red seeded chopped
- ☐ 15 oz enchilada sauce red canned
- ☐ 8 servings salt and pepper

- ☐ 1.5 cups cheddar cheese shredded
- ☐ 2 pounds chicken breast boneless skinless sliced
- ☐ 2 tablespoons vegetable oil

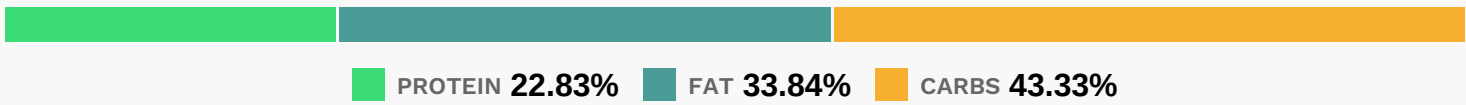
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350F. Mist a 9-by-13-inch baking dish with cooking spray.
- ☐ In a large skillet, warm oil over medium heat.
- ☐ Add onion and bell pepper; saut until onion is translucent, about 4 minutes.
- ☐ Add garlic and chili powder and saut 1 minute.
- ☐ Add chicken and chilies; season with salt and pepper. Raise heat to high. Saut until chicken is cooked through, about 5 minutes.
- ☐ Pour in enchilada sauce. Bring to a boil. Spoon mixture into baking dish.
- ☐ In a large bowl, combine cornbread and buttermilk.
- ☐ Sprinkle 1/2 cup cheese over chicken mixture; spread cornbread mixture evenly on top.
- ☐ Sprinkle with remaining cheese.
- ☐ Bake until top is golden, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.27, Inflammation Score:-8, Nutrition Score:27.973478089208%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 682.25kcal (34.11%), Fat: 25.55g (39.3%), Saturated Fat: 9.96g (62.23%), Carbohydrates: 73.61g (24.54%), Net Carbohydrates: 69.16g (25.15%), Sugar: 25.04g (27.82%), Cholesterol: 162.84mg (54.28%), Sodium: 1659.55mg (72.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.77g (77.55%), Phosphorus: 825.02mg (82.5%), Selenium: 53.43µg (76.34%), Vitamin B3: 14.56mg (72.81%), Vitamin B6: 1.1mg (55.01%), Vitamin C: 35.89mg (43.5%), Calcium: 340.66mg (34.07%), Vitamin A: 1395.1IU (27.9%), Vitamin B2: 0.47mg (27.56%), Vitamin B5: 2.53mg (25.28%), Vitamin B1: 0.33mg (22.27%), Folate: 85.08µg (21.27%), Potassium: 710mg (20.29%), Iron: 3.28mg (18.2%), Fiber: 4.45g (17.79%), Manganese: 0.35mg (17.61%), Zinc: 2.39mg (15.96%), Magnesium: 63.4mg (15.85%), Vitamin K: 14.44µg (13.75%), Vitamin B12: 0.79µg (13.21%), Vitamin E: 1.7mg (11.36%), Copper: 0.16mg (7.96%), Vitamin D: 0.44µg (2.9%)