



Chicken Tex-Mex Bake

READY IN



45 min.

SERVINGS



8

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup olives black sliced
- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 20 oz enchilada sauce red canned
- ☐ 10 1-inch flour tortilla divided cut into squares and
- ☐ 4.5 oz chilis diced green canned
- ☐ 0.5 cup onion diced
- ☐ 0.5 teaspoon pepper
- ☐ 25 oz chicken shredded drained canned

- ☐ 2.5 cups cheddar cheese shredded divided
- ☐ 1 cup cream sour

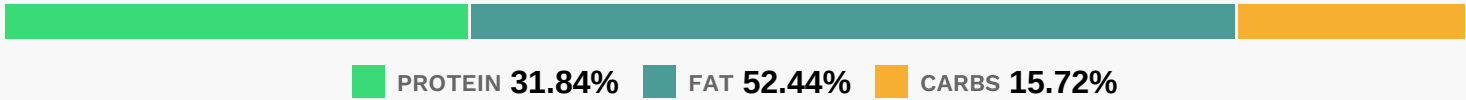
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Combine first 5 ingredients and half the cheese; mix well. Blend in sour cream, onion and pepper; set aside.
- ☐ Arrange half the tortillas over the bottom of a greased 13"x9" baking pan. Spoon half the chicken mixture over tortillas. Repeat layers, ending with chicken mixture on top.
- ☐ Sprinkle with remaining cheese; top with olives.
- ☐ Cover loosely with aluminum foil; bake at 350 for 40 minutes or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:2.64, Inflammation Score:-7, Nutrition Score:16.775217362072%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 432.97kcal (21.65%), Fat: 25.22g (38.79%), Saturated Fat: 11.34g (70.89%), Carbohydrates: 17.01g (5.67%), Net Carbohydrates: 14.03g (5.1%), Sugar: 9.12g (10.13%), Cholesterol: 119.7mg (39.9%), Sodium: 1442.09mg (62.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.44g (68.89%), Selenium: 29.6µg (42.28%), Vitamin B3: 8.01mg (40.07%), Phosphorus: 381.26mg (38.13%), Calcium: 307.93mg (30.79%), Vitamin B6: 0.51mg (25.41%), Vitamin A: 1152.76IU (23.06%), Vitamin B2: 0.35mg (20.35%), Zinc: 2.79mg (18.58%), Iron: 3.13mg (17.38%), Vitamin C: 12.64mg (15.32%), Potassium: 477.17mg (13.63%), Vitamin B5: 1.29mg (12.92%), Vitamin B12: 0.75µg (12.46%),

Fiber: 2.98g (11.9%), Magnesium: 45.08mg (11.27%), Copper: 0.22mg (11.21%), Vitamin E: 1.37mg (9.13%), Manganese: 0.18mg (9.04%), Vitamin B1: 0.13mg (8.44%), Folate: 30.11µg (7.53%), Vitamin K: 6.04µg (5.76%), Vitamin D: 0.17µg (1.17%)