

# Chicken Tortilla Bake

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup chicken broth
- 10 ounces cream of chicken soup undiluted canned
- 10 ounces cream of mushroom soup undiluted canned
- 12 corn tortillas warmed
- 8 ounces to 2 chilies slit green chopped canned
- 1 small onion finely chopped
- 8 ounces cheddar cheese shredded divided
- 3 cups chicken shredded cooked

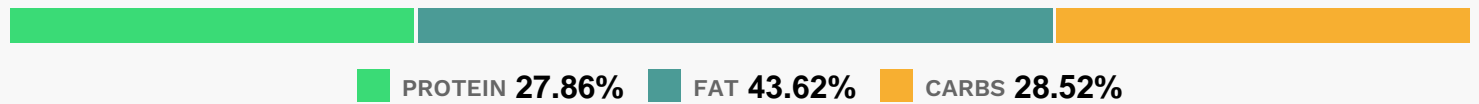
## Equipment

- bowl
- oven
- baking pan

## Directions

- In a large bowl, combine the chicken, chilies, broth, soups and onion; set aside.
- Layer half of the tortillas in a greased 13-in. x 9-in. baking dish, cutting to fit pan if desired. Top with half of the chicken mixture and half of the cheese. Repeat layers.
- Bake, uncovered, at 350° for 30 minutes or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:18.44, Glycemic Load:9, Inflammation Score:-5, Nutrition Score:12.817391390386%

## Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

## Nutrients (% of daily need)

Calories: 354.79kcal (17.74%), Fat: 17.2g (26.46%), Saturated Fat: 7.6g (47.53%), Carbohydrates: 25.3g (8.43%), Net Carbohydrates: 21.69g (7.89%), Sugar: 2.07g (2.3%), Cholesterol: 72.92mg (24.31%), Sodium: 946.08mg (41.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.72g (49.43%), Phosphorus: 378.08mg (37.81%), Selenium: 24.15µg (34.5%), Vitamin B3: 5.27mg (26.35%), Calcium: 247.89mg (24.79%), Zinc: 2.88mg (19.18%), Vitamin B6: 0.34mg (17.24%), Vitamin B2: 0.28mg (16.75%), Manganese: 0.29mg (14.71%), Fiber: 3.61g (14.45%), Magnesium: 51.83mg (12.96%), Copper: 0.22mg (11.17%), Iron: 1.82mg (10.13%), Vitamin B12: 0.52µg (8.59%), Potassium: 294.67mg (8.42%), Vitamin B5: 0.82mg (8.19%), Vitamin A: 371.62IU (7.43%), Vitamin B1: 0.1mg (6.62%), Vitamin C: 4.08mg (4.95%), Folate: 15.38µg (3.85%), Vitamin E: 0.53mg (3.51%), Vitamin K: 2.17µg (2.07%), Vitamin D: 0.17µg (1.13%)