

Chicken Tortilla Casserole

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



309 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups chicken boneless skinless cooked cut into bite-sized pieces
- 4 tablespoons chicken stock see
- 10.8 ounce cream of chicken soup canned
- 10.8 ounce cream of mushroom soup canned
- 9 6-inch corn tortillas cut into strips ()
- 1 cup milk
- 1 onion shredded
- 16 ounce salsa

8 ounces cheddar cheese shredded

Equipment

bowl

oven

baking pan

Directions

In a bowl, mix soups, milk, salsa, and onion.

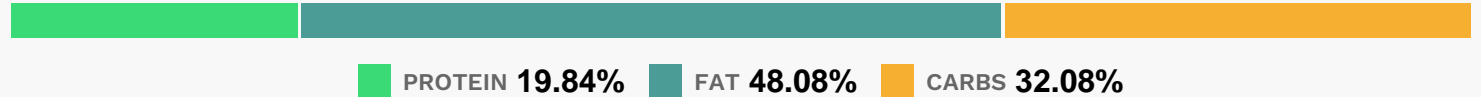
Put 3 to 4 tablespoons of chicken stock in a 9 x 13 inch baking dish.

Add a layer of tortilla strips, and then a layer of chicken.

Pour soup mixture over chicken and tortillas. Continue to layer in this order until dish is full. Top with cheese. Cover and refrigerate for 24 hours.

Bake at 300 degrees F (150 degrees C) for 1 to 1 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:23.19, Glycemic Load:7.84, Inflammation Score:-6, Nutrition Score:11.867391368617%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 309.05kcal (15.45%), Fat: 16.81g (25.87%), Saturated Fat: 7.87g (49.2%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 22.07g (8.02%), Sugar: 4.89g (5.43%), Cholesterol: 47.36mg (15.79%), Sodium: 1140.39mg (49.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.61g (31.22%), Phosphorus: 319.44mg (31.94%), Calcium: 289.25mg (28.93%), Selenium: 13.81µg (19.72%), Manganese: 0.32mg (16.2%), Zinc: 2.4mg (16.02%), Vitamin B2: 0.27mg (15.94%), Vitamin B6: 0.29mg (14.29%), Vitamin A: 695.03IU (13.9%), Vitamin B3: 2.67mg (13.35%), Fiber: 3.17g (12.69%), Magnesium: 49.46mg (12.36%), Copper: 0.23mg (11.62%), Potassium: 388.51mg (11.1%), Vitamin B12: 0.57µg (9.47%), Vitamin E: 1.25mg (8.35%), Iron: 1.48mg (8.22%), Vitamin B1: 0.1mg (6.82%),

Vitamin B5: 0.66mg (6.63%), Vitamin K: 4.99µg (4.75%), Folate: 16.91µg (4.23%), Vitamin D: 0.53µg (3.55%),
Vitamin C: 2.36mg (2.87%)