



Chicken Verde Enchilada Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



686 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 chicken breast boneless skinless
- 6 servings garlic salt to taste
- 2 tablespoons olive oil
- 6 ounces cheddar cheese shredded
- 6 ounces mozzarella cheese shredded
- 19 ounces enchilada sauce
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- 12 corn tortillas

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- 6 servings cream sour
- 6 servings guacamole
- 6 servings tomatoes chopped
- 6 servings spring onion chopped

Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan
- microwave

Directions

- Preheat oven to 350 degrees.
- In a large skillet, heat olive oil.
- Sprinkle both sides of chicken breasts with seasoning to taste.
- Brown chicken in olive oil. Cook 10 minutes. (chicken will cook more later)
- Cut/Shred cooked chicken into small pieces, set aside in small bowl.
- Combine shredded cheeses into a small bowl, set aside.
- Empty enchilada sauce into large bowl, set aside.
- Wrap tortillas in a moist paper towel and microwave for 1 minute to steam.
- Dip one warm corn tortilla into the enchilada sauce, coat both sides.
- Cover the bottom of a 13 x 9 baking dish with dipped tortillas (approx 4).
- Layer in the shredded/diced chicken on top of the tortillas.
- Layer in the cheeses on top of the chicken.
- Repeat layering dipped tortillas, chicken and cheese until baking dish is full.
- Finish with a layer of dipped tortillas topped with a layer of cheese.

- Bake at 350 degrees for 30–40 minutes or until cheese is melted.
- Top with your choice of sour cream, guacamole, diced tomatoes and/or chopped green onions.

Nutrition Facts

PROTEIN 22.82% **FAT 36.63%** **CARBS 40.55%**

Properties

Glycemic Index:44.17, Glycemic Load:22.41, Inflammation Score:-9, Nutrition Score:31.530434782609%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 686.07kcal (34.3%), Fat: 28.4g (43.7%), Saturated Fat: 12g (75%), Carbohydrates: 70.74g (23.58%), Net Carbohydrates: 58.75g (21.36%), Sugar: 18.57g (20.63%), Cholesterol: 106.04mg (35.35%), Sodium: 2261.65mg (98.33%), Protein: 39.82g (79.63%), Phosphorus: 770.02mg (77%), Vitamin A: 3333.4IU (66.67%), Selenium: 43.78µg (62.54%), Vitamin B3: 10.59mg (52.95%), Vitamin B6: 0.98mg (48.86%), Fiber: 11.99g (47.95%), Calcium: 466.33mg (46.63%), Vitamin C: 30.49mg (36.96%), Magnesium: 130.29mg (32.57%), Vitamin K: 31.32µg (29.83%), Manganese: 0.58mg (28.99%), Potassium: 978.64mg (27.96%), Zinc: 4.04mg (26.96%), Vitamin B2: 0.41mg (24.04%), Iron: 3.42mg (19.01%), Vitamin B12: 1.12µg (18.71%), Vitamin E: 2.44mg (16.29%), Vitamin B1: 0.24mg (15.71%), Vitamin B5: 1.56mg (15.63%), Copper: 0.31mg (15.42%), Folate: 48.52µg (12.13%), Vitamin D: 0.36µg (2.39%)