



Easy Chilaquiles

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups rotisserie chicken cut shredded (from 2-lb chicken)
- 1.5 cups salsa verde
- 8 oz mozzarella cheese shredded
- 0.5 cup cream sour
- 4.6 oz taco shells old el paso® (8 shells)

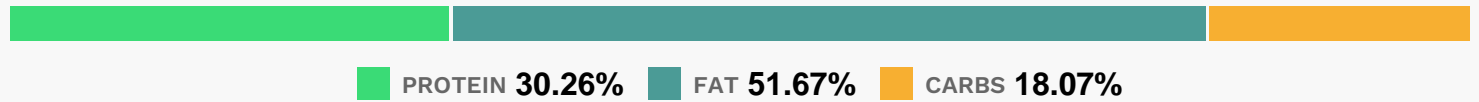
Equipment

- bowl
- oven

Directions

- Heat oven to 350°F. Spray 2-quart casserole with cooking spray. In medium bowl, mix salsa verde and sour cream.
- Break up taco shells into bite-size pieces.
- Place half of shells in casserole. Top with shredded chicken, followed by half of salsa mixture. Top with half of the cheese. Repeat with remaining shells, salsa mixture and cheese.
- Bake about 30 minutes or until cheese is melted and top is golden brown.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:6.46, Inflammation Score:-4, Nutrition Score:5.1669564713602%

Nutrients (% of daily need)

Calories: 319.85kcal (15.99%), Fat: 18.17g (27.96%), Saturated Fat: 7.62g (47.63%), Carbohydrates: 14.3g (4.77%), Net Carbohydrates: 13.2g (4.8%), Sugar: 3.69g (4.09%), Cholesterol: 87.66mg (29.22%), Sodium: 744.94mg (32.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.95g (47.89%), Calcium: 173.98mg (17.4%), Phosphorus: 149.26mg (14.93%), Vitamin B12: 0.68µg (11.28%), Vitamin A: 548.81IU (10.98%), Selenium: 6.13µg (8.76%), Zinc: 1.14mg (7.58%), Vitamin B2: 0.12mg (6.91%), Magnesium: 20.64mg (5.16%), Manganese: 0.1mg (5.15%), Potassium: 163.19mg (4.66%), Fiber: 1.09g (4.37%), Folate: 14.09µg (3.52%), Vitamin B1: 0.05mg (3.11%), Vitamin B6: 0.05mg (2.47%), Iron: 0.4mg (2.23%), Vitamin K: 2.27µg (2.16%), Vitamin C: 1.74mg (2.11%), Vitamin B3: 0.35mg (1.74%), Vitamin E: 0.22mg (1.47%), Copper: 0.02mg (1.21%)