



Easy Chile Chicken Enchilada Casserole

 Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



482 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 18 6-inch corn tortillas ()
- 28 ounce chile enchilada sauce green canned
- 8 servings garlic salt to taste
- 16 ounce monterrey jack cheese shredded
- 8 ounce reduced fat cream sour
- 4 chicken breast halves boneless skinless

Equipment

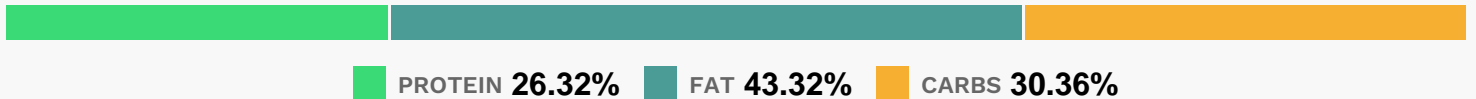
- oven

- baking pan
- stove
- tongs

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
- Season chicken with garlic salt. Arrange in the prepared baking dish.
- Bake 45 minutes in the preheated oven, until no longer pink and juices run clear. Cool, shred, and set aside.
- With metal tongs, char each tortilla half over the open flame of a gas stove burner for about 1 minute, until lightly puffed.
- Pour about 1/2 inch enchilada sauce in the bottom of a medium baking dish, and arrange 6 tortillas in a single layer. Top with 1/2 the chicken, 1/3 cheese, 1/2 the sour cream, and 1/3 of the remaining enchilada sauce. Repeat. Coat remaining tortillas thoroughly with remaining enchilada sauce, and arrange on top of the layers.
- Sprinkle with remaining cheese, and top with any remaining enchilada sauce
- Cover, and bake 45 minutes in the preheated oven. Cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:9.69, Glycemic Load:11.42, Inflammation Score:-7, Nutrition Score:17.667391367581%

Nutrients (% of daily need)

Calories: 481.67kcal (24.08%), Fat: 23.32g (35.87%), Saturated Fat: 13.29g (83.04%), Carbohydrates: 36.75g (12.25%), Net Carbohydrates: 31.38g (11.41%), Sugar: 7.48g (8.31%), Cholesterol: 96.54mg (32.18%), Sodium: 1509.65mg (65.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.87g (63.74%), Phosphorus: 574.21mg (57.42%), Calcium: 513.28mg (51.33%), Selenium: 30.75µg (43.93%), Vitamin B3: 6.84mg (34.22%), Vitamin B6: 0.6mg (30.09%), Vitamin A: 1208.94IU (24.18%), Fiber: 5.37g (21.49%), Vitamin B2: 0.35mg (20.57%), Zinc: 2.94mg (19.58%), Magnesium: 74.96mg (18.74%), Potassium: 423.93mg (12.11%), Vitamin B12: 0.7µg (11.71%), Iron: 1.95mg (10.85%), Manganese: 0.21mg (10.3%), Vitamin B5: 0.99mg (9.88%), Vitamin B1: 0.11mg (7.4%), Copper: 0.13mg (6.41%), Folate: 18.51µg (4.63%), Vitamin C: 2.92mg (3.54%), Vitamin E: 0.5mg (3.36%), Vitamin D: 0.45µg (3.02%),

Vitamin K: 1.67µg (1.59%)