



Easy Enchilada Casserole

 **Gluten Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



1

CALORIES



2786 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups four cheese shredded mexican style kraft finely
- 12 6-inch corn tortillas ()
- 1 cup knudsen cream sour
- 10 oz regular corn frozen
- 1 large onion and pepper green chopped
- 16 oz taco bellâ® & chunky salsa thick
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

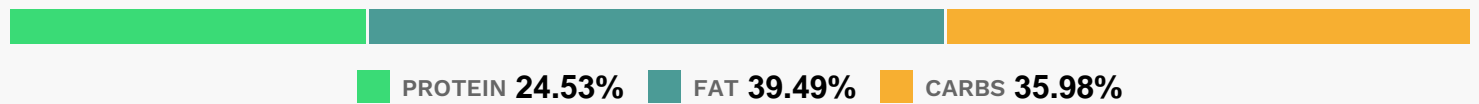
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 400F.
- Cook and stir chicken, onions and peppers in large nonstick skillet on medium heat 10 min. or until chicken is done. Stir in salsa and corn.
- Arrange 6 tortillas on bottom of 13x9-inch baking dish; cover with layers of half each of the chicken mixture, sour cream and cheese. Repeat layers; cover.
- Bake 40 min. or until heated through, uncovering for the last 10 min.

Nutrition Facts



Properties

Glycemic Index:87.5, Glycemic Load:61.94, Inflammation Score:-10, Nutrition Score:79.416956403981%

Flavonoids

Luteolin: 7.72mg, Luteolin: 7.72mg, Luteolin: 7.72mg, Luteolin: 7.72mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 2786.38kcal (139.32%), Fat: 126.24g (194.22%), Saturated Fat: 60.29g (376.81%), Carbohydrates: 258.74g (86.25%), Net Carbohydrates: 220.19g (80.07%), Sugar: 32.37g (35.96%), Cholesterol: 595.5mg (198.5%), Sodium: 4841.06mg (210.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 176.43g (352.86%), Phosphorus: 3307.92mg (330.79%), Selenium: 227.01µg (324.3%), Vitamin B3: 62.92mg (314.62%), Vitamin B6: 5.97mg (298.25%), Vitamin C: 168.4mg (204.12%), Calcium: 1860.81mg (186.08%), Fiber: 38.55g (154.19%), Magnesium: 586.5mg (146.62%), Potassium: 4967.37mg (141.92%), Vitamin B2: 2.23mg (131.23%), Vitamin A: 6068.99IU (121.38%), Manganese: 2.29mg (114.4%), Zinc: 16.8mg (112.02%), Vitamin B5: 10.19mg (101.86%), Vitamin B1: 1.22mg (81.53%), Vitamin E: 10.02mg (66.81%), Copper: 1.25mg (62.4%), Folate: 231.08µg (57.77%), Iron: 10.34mg (57.44%), Vitamin B12: 3.19µg (53.11%), Vitamin K: 39.61µg (37.73%), Vitamin D: 1.47µg (9.8%)