



Easy King Ranch Chicken Casserole

READY IN



60 min.

SERVINGS



8

CALORIES



772 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 1.3 cups bell pepper diced green red frozen (from 10-oz bag)
- 51.5 oz cream of chicken soup canned
- 20 oz canned tomatoes diced with green chiles, undrained canned
- 12.5 oz old el taco dinner kit soft
- 3 cups rotisserie chicken cut shredded (from 2-lb chicken)
- 12 oz sharp cheddar cheese shredded
- 1 serving cilantro leaves fresh sour chopped

Equipment

- bowl
- frying pan
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 400°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In 10-inch skillet, melt butter over medium-high heat. Cook frozen vegetables in butter 4 to 5 minutes, stirring occasionally, until tender. In medium bowl, mix cooked vegetables, soup, tomatoes and 1 teaspoon taco seasoning mix (from dinner kit).
- Break taco shells (from dinner kit) into pieces.
- Layer 1 1/2 cups of the chicken in baking dish. Top with half of the soup mixture and 1 cup of the cheese. Top with half of the tortilla pieces. Repeat layers once. Top with remaining 1 cup cheese.
- Bake uncovered 25 to 30 minutes or until hot and bubbly.
- Let stand 10 minutes before serving.
- Garnish with cilantro, sour cream and lime wedges.

Nutrition Facts

  
PROTEIN 21.8% **FAT 54.14%** **CARBS 24.06%**

Properties

Glycemic Index:19.63, Glycemic Load:18.65, Inflammation Score:-7, Nutrition Score:15.383478237235%

Flavonoids

Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 772.32kcal (38.62%), Fat: 46.7g (71.85%), Saturated Fat: 21.77g (136.07%), Carbohydrates: 46.68g (15.56%), Net Carbohydrates: 45.13g (16.41%), Sugar: 24.96g (27.73%), Cholesterol: 147.17mg (49.06%), Sodium: 1931.84mg (83.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.2mg (2.07%), Protein: 42.32g (84.64%), Calcium: 406.92mg (40.69%), Phosphorus: 330.07mg (33.01%), Vitamin C: 25.5mg (30.91%), Selenium: 17.79µg (25.41%), Vitamin B2: 0.41mg (24.2%), Vitamin A: 1089.22IU (21.78%), Copper: 0.41mg (20.47%), Iron: 3.21mg (17.85%), Zinc: 2.26mg (15.06%), Vitamin E: 2.13mg (14.21%), Vitamin K: 14.62µg (13.93%), Manganese: 0.26mg (12.78%), Vitamin B12: 0.7µg (11.71%), Potassium: 400.01mg (11.43%), Magnesium: 45.4mg (11.35%), Vitamin B5: 0.92mg (9.19%), Vitamin B1: 0.13mg (8.89%), Vitamin B6: 0.17mg (8.47%), Vitamin B3: 1.58mg (7.88%), Folate: 26.82µg (6.71%), Fiber: 1.55g (6.19%), Vitamin D: 0.26µg (1.7%)