



WHATSheATE



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

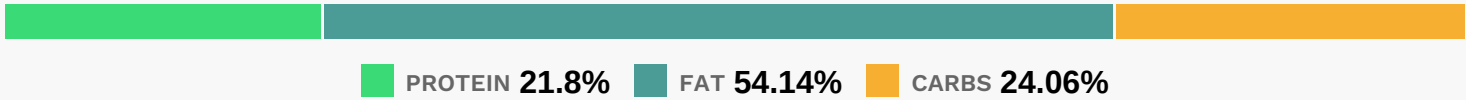
Equipment

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

Directions

- ☐ Heat oven to 400F. 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



Properties

Glycemic Index:19.63, Glycemic Load:18.65, Inflammation Score:-7, Nutrition Score:15.40739122681%

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: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 772.34kcal (38.62%), Fat: 46.7g (71.85%), Saturated Fat: 21.77g (136.07%), Carbohydrates: 46.69g (15.56%), Net Carbohydrates: 45.14g (16.41%), Sugar: 24.96g (27.73%), Cholesterol: 147.17mg (49.06%), Sodium: 1931.88mg (83.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.2mg (2.07%), Protein: 42.32g (84.64%), Calcium: 406.98mg (40.7%), Phosphorus: 330.11mg (33.01%), Vitamin C: 25.53mg (30.94%), Selenium: 17.79µg (25.41%), Vitamin B2: 0.41mg (24.2%), Vitamin A: 1095.13IU (21.9%), Copper: 0.41mg (20.48%), Iron: 3.21mg (17.86%), Zinc: 2.26mg (15.06%), Vitamin E: 2.13mg (14.23%), Vitamin K: 14.89µg (14.19%), Manganese: 0.26mg (12.8%), Vitamin B12: 0.7µg (11.71%), Potassium: 400.47mg (11.44%), Magnesium: 45.43mg (11.36%), Vitamin B5: 0.92mg (9.2%), Vitamin B1: 0.13mg (8.9%), Vitamin B6: 0.17mg (8.47%), Vitamin B3: 1.58mg (7.89%), Folate: 26.88µg (6.72%), Fiber: 1.55g (6.2%), Vitamin D: 0.26µg (1.7%)