



Easy Tamale Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



199 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 20 oz salsa verde green
- ☐ 2 cups mozzarella cheese shredded
- ☐ 6 fatty pork green (oaxaca style)
- ☐ 2 cups rotisserie chicken cut shredded cooked (from 3 lb deli rotisserie chicken)
- ☐ 0.5 cup cream sour

Equipment

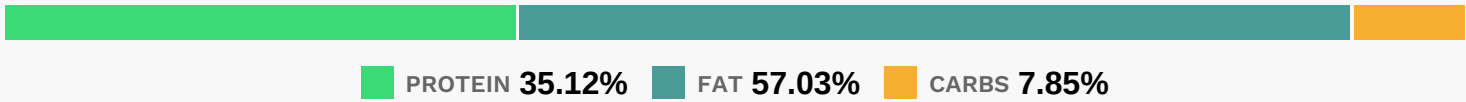
- ☐ bowl
- ☐ oven

- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400 F. In a 13x9-inch glass baking dish (3-quart), place the tamales (husked) so the bottom is completely covered (you may have to cut some in half).
- ☐ In medium bowl, mix chicken and salsa; spoon over tamales.
- ☐ Sprinkle with cheese. Cover dish tightly with foil sprayed with cooking spray to avoid sticking.
- ☐ Bake 25 to 35 minutes or until bubbly and cheese is partially melted.
- ☐ Remove from oven; uncover. Drop sour cream by tablespoonfuls over casserole.
- ☐ Garnish with fresh cilantro and avocado slices or finely chopped red onion.

Nutrition Facts



Properties

Glycemic Index:2.25, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:3.6060869732629%

Nutrients (% of daily need)

Calories: 198.67kcal (9.93%), Fat: 12.32g (18.95%), Saturated Fat: 5.14g (32.15%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 3.81g (1.39%), Sugar: 3.48g (3.87%), Cholesterol: 66.17mg (22.06%), Sodium: 602.72mg (26.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.07g (34.15%), Calcium: 105.49mg (10.55%), Vitamin A: 481.97IU (9.64%), Phosphorus: 92.61mg (9.26%), Selenium: 6.23µg (8.91%), Vitamin B12: 0.52µg (8.71%), Vitamin B1: 0.09mg (5.87%), Vitamin B2: 0.09mg (5.58%), Zinc: 0.82mg (5.46%), Potassium: 153.65mg (4.39%), Vitamin B6: 0.05mg (2.65%), Vitamin B3: 0.51mg (2.53%), Vitamin C: 1.96mg (2.37%), Magnesium: 6.78mg (1.7%), Vitamin B5: 0.13mg (1.32%), Iron: 0.19mg (1.03%)