



Fiesta Chicken Casserole

READY IN



55 min.

SERVINGS



4

CALORIES



1410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce black beans drained and rinsed canned
- 19.5 ounce premium chicken chunk drained swanson® canned
- 10.8 ounce campbell's® condensed cream of chicken soup fat free 98% canned
- 24 ounce kernel corn whole frozen
- 15 ounce pie crust refrigerated
- 16 ounce chunky salsa pace®
- 2 cups cheddar cheese shredded
- 1 cup cup heavy whipping cream sour

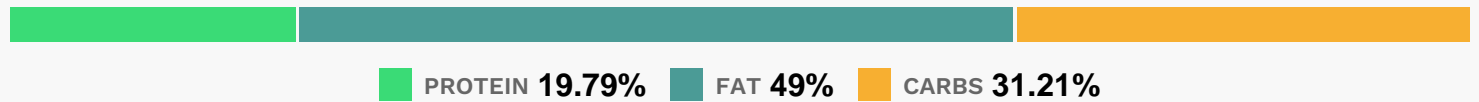
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 400 degrees F. Bring pie crust to room temperature.
- Mix salsa, soup, sour cream, cheese, corn, chicken and beans in large bowl. Spoon into ungreased 13x9x2-inch baking pan.
- Place crusts on floured surface, overlapping about 3 inches in the center. Press seam to seal.
- Roll into 14x10-inch rectangle. Trim excess crust.
- Place crust over chicken mixture and flute edges.
- Cut slits in pastry.
- Bake for 40 to 45 minutes or until pie crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:2.72, Inflammation Score:-9, Nutrition Score:38.304782400961%

Nutrients (% of daily need)

Calories: 1409.96kcal (70.5%), Fat: 76.63g (117.89%), Saturated Fat: 30.21g (188.8%), Carbohydrates: 109.82g (36.61%), Net Carbohydrates: 97.79g (35.56%), Sugar: 6.88g (7.64%), Cholesterol: 165.62mg (55.21%), Sodium: 3452.52mg (150.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.65g (139.29%), Phosphorus: 834.93mg (83.49%), Selenium: 53.46µg (76.37%), Calcium: 580.11mg (58.01%), Folate: 212.73µg (53.18%), Vitamin B2: 0.89mg (52.3%), Zinc: 7.69mg (51.3%), Manganese: 1mg (50.24%), Vitamin B3: 9.82mg (49.12%), Fiber: 12.03g (48.14%), Iron: 8.37mg (46.5%), Vitamin A: 1857.27IU (37.15%), Potassium: 1284.6mg (36.7%), Vitamin B1: 0.54mg (36.28%), Vitamin B12: 2.1µg (35.03%), Magnesium: 139.19mg (34.8%), Vitamin B6: 0.64mg (31.82%), Copper: 0.61mg (30.3%), Vitamin E: 3.37mg (22.46%), Vitamin K: 21.04µg (20.04%), Vitamin B5: 1.43mg (14.28%), Vitamin C: 8.51mg (10.32%), Vitamin D: 0.48µg (3.18%)