



Green Chile-Chicken Casserole



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



322 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup chilis green canned drained chopped
- ☐ 21 ounce cream of chicken soup fat-free 98% undiluted canned (such as Campbell's)
- ☐ 1 pound chicken shredded cooked
- ☐ 24 6-inch corn tortillas ()
- ☐ 1.3 cups fat-skimmed beef broth fat-free
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 cup onion chopped
- ☐ 0.8 teaspoon salt
- ☐ 8 ounces sharp cheddar cheese shredded finely
- ☐ 1 cup cream fat-free sour

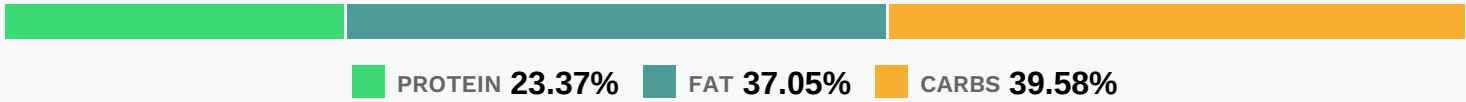
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine the first 9 ingredients in a large saucepan, stirring with a whisk. Bring to a boil, stirring constantly.
- ☐ Remove from heat.
- ☐ Spread 1 cup soup mixture in a 13 x 9-inch baking dish coated with cooking spray. Arrange 6 tortillas over the soup mixture, and top with 1 cup chicken and 1/2 cup cheese. Repeat layers, ending with the cheese.
- ☐ Spread remaining soup mixture over cheese.
- ☐ Bake at 350 for 30 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:12.02, Inflammation Score:-5, Nutrition Score:11.736521627592%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 322.1kcal (16.1%), Fat: 13.39g (20.59%), Saturated Fat: 5.4g (33.76%), Carbohydrates: 32.18g (10.73%), Net Carbohydrates: 28.45g (10.34%), Sugar: 1.47g (1.63%), Cholesterol: 52.94mg (17.65%), Sodium: 845.87mg (36.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19g (38%), Phosphorus: 364.85mg (36.48%), Selenium: 20.48µg (29.25%), Calcium: 221.11mg (22.11%), Vitamin B3: 4.21mg (21.06%), Vitamin B6: 0.32mg (16.14%), Fiber: 3.73g (14.94%), Zinc: 2.24mg (14.9%), Magnesium: 56.94mg (14.24%), Vitamin B2: 0.24mg (13.96%), Manganese: 0.25mg (12.48%), Iron: 1.94mg (10.77%), Copper: 0.19mg (9.36%), Potassium: 290.62mg (8.3%), Vitamin A: 361.48IU (7.23%), Vitamin B12: 0.42µg (6.96%), Vitamin B1: 0.1mg (6.81%), Vitamin B5: 0.66mg (6.56%), Vitamin C: 5.08mg (6.16%), Folate: 20.63µg (5.16%), Vitamin E: 0.56mg (3.75%), Vitamin K: 2.69µg (2.56%)