



Green Chili Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



369 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounce chiles green chopped canned
- 10.8 ounce cream of chicken soup canned
- 8 6-inch corn tortillas ()
- 1 pound ground beef
- 0.5 cup milk
- 1 small onion diced
- 1 pound processed cheese food shredded

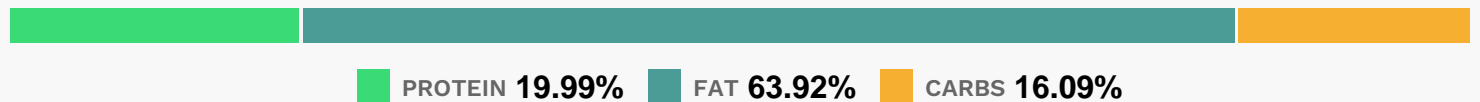
Equipment

- bowl
- frying pan
- oven
- casserole dish

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease a medium sized casserole dish.
- In a medium skillet over medium heat, cook the ground beef until evenly browned; drain fat.
- Place half of the tortillas on the bottom of the prepared casserole dish and spread with half of the onion, cheese, ground beef and chiles.
- Layer with the remaining tortillas, onion, half of the remaining cheese, ground beef and chiles.
- In a medium bowl, dilute the soup with milk and pour over the top of the casserole.
- Bake in the preheated oven for 30 minutes.
- Sprinkle with the remaining cheese and bake for another 5 to 10 minutes, or until the cheese has melted.

Nutrition Facts



Properties

Glycemic Index:18.55, Glycemic Load:5.78, Inflammation Score:-5, Nutrition Score:13.065217360206%

Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 368.77kcal (18.44%), Fat: 26.27g (40.42%), Saturated Fat: 12.52g (78.22%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 13.26g (4.82%), Sugar: 2.26g (2.51%), Cholesterol: 81.47mg (27.16%), Sodium: 1061.58mg (46.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.48g (36.96%), Calcium: 523.98mg (52.4%), Phosphorus: 452.78mg (45.28%), Vitamin B12: 1.72µg (28.62%), Selenium: 18.12µg (25.88%), Zinc: 3.46mg (23.06%), Vitamin B2: 0.22mg (13.11%), Vitamin B3: 2.48mg (12.38%), Vitamin B6: 0.25mg (12.3%), Iron: 1.91mg (10.61%), Vitamin A: 518.72IU (10.37%), Magnesium: 38.32mg (9.58%), Potassium: 277.3mg (7.92%), Fiber: 1.62g

(6.49%), Copper: 0.12mg (6.12%), Manganese: 0.12mg (6.06%), Vitamin B5: 0.56mg (5.55%), Vitamin C: 4.43mg (5.37%), Vitamin E: 0.78mg (5.19%), Vitamin B1: 0.06mg (4.07%), Folate: 15.91µg (3.98%), Vitamin K: 3.31µg (3.15%), Vitamin D: 0.45µg (3.01%)