



WHATSheATE



Healthified Chicken Tortilla Casserole



Gluten Free



Popular

READY IN



75 min.

SERVINGS



8

CALORIES



292 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4.5 oz chilis green chopped canned
- ☐ 10.8 oz cream of chicken soup fat free 98% 45% canned
- ☐ 2.5 cups chicken shredded cooked
- ☐ 8 7-inch corn tortillas yellow (6 or)
- ☐ 0.5 cup skim milk fat-free (skim)
- ☐ 1 cup bell pepper green chopped
- ☐ 6 oz cheddar cheese shredded
- ☐ 8 oz cream fat-free sour

☐ 1 cup tomatoes chopped

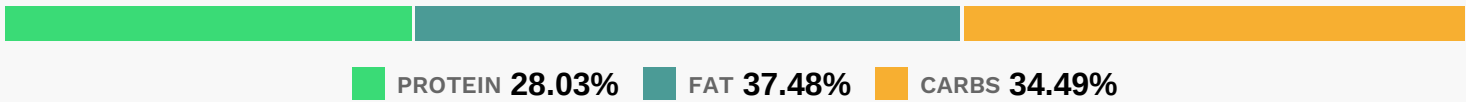
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In large bowl, mix soup, chiles, sour cream and milk until blended. Stir in chicken, tortillas and bell pepper. Stir in tomato and 1 cup of the cheese. Spoon and spread mixture in baking dish.
- ☐ Cover with foil.
- ☐ Bake 40 minutes. Uncover; sprinkle with remaining 1/2 cup cheese.
- ☐ Bake uncovered 5 to 10 minutes longer or until cheese is melted and mixture is bubbly.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:21.84, Glycemic Load:8.05, Inflammation Score:-6, Nutrition Score:12.791304417278%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 292.02kcal (14.6%), Fat: 12.22g (18.8%), Saturated Fat: 5.23g (32.69%), Carbohydrates: 25.31g (8.44%), Net Carbohydrates: 22.42g (8.15%), Sugar: 2.58g (2.86%), Cholesterol: 59.07mg (19.69%), Sodium: 555.2mg

(24.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.57g (41.14%), Phosphorus: 345.82mg (34.58%), Vitamin C: 23.02mg (27.9%), Selenium: 18.55µg (26.49%), Calcium: 242.55mg (24.25%), Vitamin B3: 4.45mg (22.27%), Vitamin B6: 0.35mg (17.75%), Vitamin B2: 0.25mg (14.53%), Zinc: 2.13mg (14.19%), Magnesium: 49.01mg (12.25%), Fiber: 2.89g (11.56%), Vitamin A: 575.73IU (11.51%), Potassium: 355.2mg (10.15%), Iron: 1.79mg (9.95%), Manganese: 0.19mg (9.5%), Vitamin B12: 0.56µg (9.37%), Copper: 0.16mg (7.9%), Vitamin B1: 0.11mg (7.13%), Vitamin B5: 0.69mg (6.9%), Folate: 24.06µg (6.01%), Vitamin K: 4.94µg (4.71%), Vitamin E: 0.52mg (3.47%), Vitamin D: 0.27µg (1.83%)