



WHATSheATE



HEALTH SCORE

60%

Hearty Tex-Mex Squash-Chicken Casserole



Gluten Free



Very Healthy

READY IN



80 min.

SERVINGS



8

CALORIES



460 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4.5 ounce chilis green undrained chopped canned
- ☐ 12 6-inch corn tortillas cut into 1-inch pieces ()
- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned undiluted
- ☐ 10 ounce spinach frozen thawed chopped
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 8 ounce picante sauce
- ☐ 1 large bell pepper red cut into 1/2-inch pieces
- ☐ 1.4 ounce penzey's southwest seasoning

- ☐ 8 ounces sharp cheddar cheese shredded divided
- ☐ 3 cups chicken shredded cooked
- ☐ 8 ounce cream sour
- ☐ 1 onion yellow thinly sliced
- ☐ 3 medium size to 3 sized squashes yellow thinly sliced

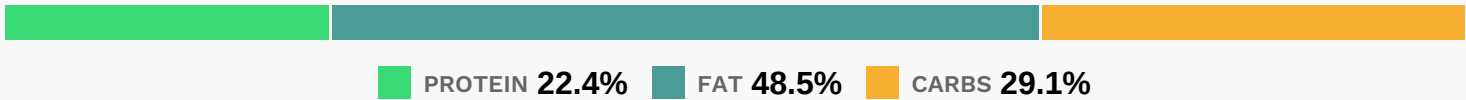
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Drain chopped spinach well, pressing between paper towels to remove excess moisture.
- ☐ Saut squash, bell pepper, and onion in hot oil in a large skillet over medium-high heat 6 minutes or until tender.
- ☐ Remove from heat. Stir in spinach, chicken, next 6 ingredients, and 1 1/2 cups cheese. Spoon into a lightly greased 13- x9-inch baking dish.
- ☐ Bake at 350 for 30 minutes.
- ☐ Sprinkle evenly with remaining 1/2 cup cheese, and bake 5 more minutes.
- ☐ *Reduced-sodium, reduced-fat cream of celery soup, light sour cream, and reduced-fat sharp cheddar cheese may be substituted.

Nutrition Facts



Properties

Glycemic Index:21.69, Glycemic Load:8.87, Inflammation Score:-10, Nutrition Score:33.678260715111%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 460.45kcal (23.02%), Fat: 25.65g (39.46%), Saturated Fat: 10.6g (66.27%), Carbohydrates: 34.61g (11.54%), Net Carbohydrates: 26.54g (9.65%), Sugar: 6.49g (7.21%), Cholesterol: 88.64mg (29.55%), Sodium: 727.27mg (31.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.65g (53.31%), Vitamin K: 174.81µg (166.48%), Vitamin A: 5775.43IU (115.51%), Vitamin C: 48.14mg (58.35%), Phosphorus: 458.85mg (45.89%), Manganese: 0.92mg (45.83%), Calcium: 433.39mg (43.34%), Selenium: 27.94µg (39.91%), Vitamin B6: 0.75mg (37.69%), Fiber: 8.08g (32.3%), Vitamin B2: 0.54mg (31.47%), Vitamin B3: 6.27mg (31.33%), Folate: 119.24µg (29.81%), Magnesium: 112.69mg (28.17%), Vitamin E: 4.2mg (28.02%), Iron: 4.57mg (25.4%), Potassium: 819.55mg (23.42%), Zinc: 3.18mg (21.2%), Copper: 0.29mg (14.73%), Vitamin B5: 1.46mg (14.61%), Vitamin B1: 0.2mg (13.21%), Vitamin B12: 0.53µg (8.79%), Vitamin D: 0.17µg (1.13%)