



Homemade King Ranch Chicken Casserole

 Popular

READY IN



65 min.

SERVINGS



6

CALORIES



554 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter
- 2 chicken breast strips/pre-cooked/chopped cubed cooked
- 10.5 oz cream of chicken soup canned
- 10.5 oz cream of mushroom soup canned
- 20 oz canned tomatoes green canned
- 10 flour tortilla (torn into bite sized pieces)
- 2 cup monterrey jack cheese shredded
- 1 medium onion

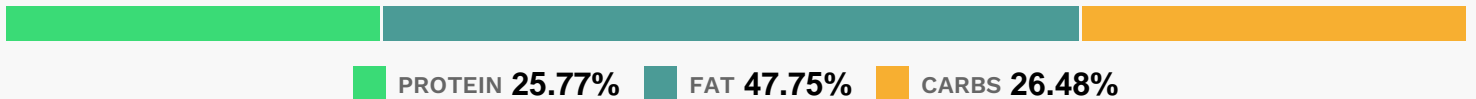
Equipment

- oven
- baking pan

Directions

- If you haven't already, cook your chicken breasts by boiling them in water for 20 minutes, or until juices run clear when cut into. Then cube and set aside. Preheat the oven to 350
- Chop the onion into small pieces and saute in cup butter over medium heat for 5 minutes or until slightly translucent. Turn heat down to low and add both cans of soup, stirring until mixed well.
- Remove from heat and set aside. In a prepared 9 x 13 baking dish place a layer of tortillas to cover the bottom of the dish.
- Add a thin layer of tomatoes and green chilis, a thin layer of the soup mixture, a thin layer of chicken, and top with cheese.
- Add another thin layer of tortillas, tomatoes and green chilis, soup mixture, chicken, and cheese. Keep doing the layers until you run out of space, finally covering the dish with the remaining cheese.
- Bake in the preheated oven on 350 for 45 minutes, or until cheese is turned a golden brown. Allow to cool before serving.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:9.78, Inflammation Score:-7, Nutrition Score:21.144347826087%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Taste

Sweetness: 55.37%, Saltiness: 100%, Sourness: 59.46%, Bitterness: 26.88%, Savoriness: 70.12%, Fattiness: 93.97%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 554.22kcal (27.71%), Fat: 29.32g (45.11%), Saturated Fat: 15.56g (97.23%), Carbohydrates: 36.59g (12.2%), Net Carbohydrates: 33.48g (12.17%), Sugar: 5.34g (5.94%), Cholesterol: 109.04mg (36.35%), Sodium: 1407.45mg (61.19%), Protein: 35.6g (71.19%), Vitamin B3: 11.45mg (57.23%), Selenium: 33.66µg (48.08%), Phosphorus: 456.27mg (45.63%), Calcium: 407.3mg (40.73%), Vitamin B6: 0.55mg (27.51%), Vitamin B2: 0.47mg (27.41%), Manganese: 0.54mg (26.99%), Iron: 4.51mg (25.07%), Vitamin B1: 0.37mg (24.34%), Zinc: 2.83mg (18.87%), Folate: 71.87µg (17.97%), Copper: 0.33mg (16.36%), Potassium: 533.3mg (15.24%), Vitamin A: 739.28IU (14.79%), Magnesium: 55.67mg (13.92%), Fiber: 3.11g (12.42%), Vitamin C: 10.19mg (12.36%), Vitamin B5: 1.05mg (10.48%), Vitamin B12: 0.6µg (10.05%), Vitamin K: 10.22µg (9.74%), Vitamin E: 1.39mg (9.24%), Vitamin D: 0.28µg (1.89%)