



Jalapeño Chicken Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



509 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 12 ounce nacho cheese-flavored tortilla chips
- ☐ 6 cups meat from a rotisserie chicken cooked chopped
- ☐ 10.8 ounce cream of chicken soup undiluted canned
- ☐ 10 ounce pkt spinach frozen thawed chopped
- ☐ 2 green onions chopped
- ☐ 10 servings garnish: green onions
- ☐ 1 teaspoon ground cumin

- ☐ 2 jalapeño peppers seeded chopped
- ☐ 1 large onion chopped
- ☐ 8 ounce mexican four-cheese blend shredded
- ☐ 8 ounce cup heavy whipping cream sour

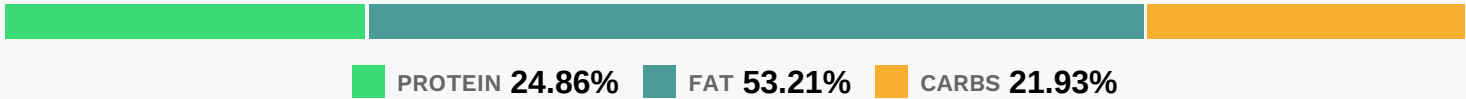
Equipment

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

Directions

- ☐ Drain spinach well, pressing between paper towels.
- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add chopped onion, green onions, and jalapeo; saut until tender.
- ☐ Remove skillet from heat; stir in spinach, soup, sour cream, and ground cumin.
- ☐ Layer half each of tortilla chips, chicken, spinach mixture, and cheese in a lightly greased 13- x 9-inch baking dish. Repeat layers, ending with spinach mixture.
- ☐ Bake at 350 for 10 minutes; sprinkle evenly with remaining cheese, and bake 10 more minutes or until cheese is melted.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Nacho Cheese Doritos.

Nutrition Facts



Properties

Glycemic Index:17.1, Glycemic Load:1.41, Inflammation Score:-10, Nutrition Score:24.642608632212%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 508.97kcal (25.45%), Fat: 30.01g (46.18%), Saturated Fat: 10g (62.48%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 24.69g (8.98%), Sugar: 3.23g (3.59%), Cholesterol: 100.36mg (33.45%), Sodium: 706.46mg (30.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.55g (63.11%), Vitamin K: 126.04µg (120.03%), Vitamin A: 3921.85IU (78.44%), Selenium: 29.85µg (42.64%), Phosphorus: 396.75mg (39.67%), Vitamin B3: 7.48mg (37.38%), Calcium: 282.43mg (28.24%), Vitamin B6: 0.53mg (26.36%), Vitamin E: 3.5mg (23.3%), Vitamin B2: 0.37mg (21.88%), Manganese: 0.4mg (20.13%), Magnesium: 77.99mg (19.5%), Zinc: 2.82mg (18.82%), Folate: 63.68µg (15.92%), Iron: 2.72mg (15.08%), Potassium: 485.65mg (13.88%), Vitamin B5: 1.31mg (13.08%), Fiber: 3.13g (12.52%), Vitamin B1: 0.16mg (10.58%), Vitamin C: 7.96mg (9.65%), Vitamin B12: 0.57µg (9.55%), Copper: 0.19mg (9.4%)