



King Ranch Casserole

 Popular

READY IN



60 min.

SERVINGS



10

CALORIES



534 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 0.3 teaspoon cajun spice
- ☐ 1 can canned tomatoes
- ☐ 1 cup chicken stock see
- ☐ 2 teaspoons chili powder
- ☐ 12 corn tortillas
- ☐ 10 servings additional cream and cilantro sour for garnish
- ☐ 0.5 tablespoon cumin powder

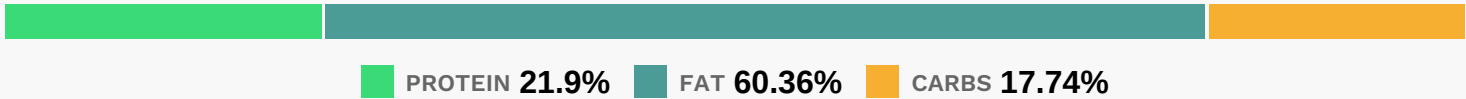
- ☐ 0.1 cup cilantro leaves fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 cup heavy cream
- ☐ 10 servings kosher salt and freshly cracked pepper black to taste
- ☐ 2 teaspoons lime zest
- ☐ 1 cup onion chopped
- ☐ 0.5 cup orange bell pepper red yellow chopped
- ☐ 2 cups pepper jack shredded
- ☐ 1 cup poblano pepper chopped
- ☐ 2 cups cheddar cheese shredded
- ☐ 4 cups meat from a rotisserie chicken shredded cooked chopped
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.3 cup butter unsalted

Equipment

Directions

- ☐ Recipe: King Ranch Casserole
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 25 min |Cook time: 35 min |

Nutrition Facts



Properties

Glycemic Index:37.55, Glycemic Load:8.38, Inflammation Score:-8, Nutrition Score:19.168260698733%

Flavonoids

Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg

0.75mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 534.34kcal (26.72%), Fat: 36.29g (55.84%), Saturated Fat: 20.21g (126.29%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 20.33g (7.39%), Sugar: 5.23g (5.82%), Cholesterol: 134.82mg (44.94%), Sodium: 641.92mg (27.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.63g (59.25%), Phosphorus: 469.19mg (46.92%), Calcium: 416.38mg (41.64%), Selenium: 28.13µg (40.19%), Vitamin C: 26.99mg (32.72%), Vitamin A: 1571.25IU (31.43%), Vitamin B3: 6.15mg (30.73%), Vitamin B6: 0.51mg (25.47%), Vitamin B2: 0.43mg (25.42%), Zinc: 3.13mg (20.89%), Magnesium: 64.99mg (16.25%), Fiber: 3.68g (14.72%), Potassium: 492.34mg (14.07%), Manganese: 0.27mg (13.5%), Iron: 2.36mg (13.1%), Vitamin B12: 0.67µg (11.11%), Copper: 0.22mg (10.82%), Vitamin E: 1.62mg (10.8%), Vitamin B1: 0.16mg (10.43%), Vitamin B5: 1.02mg (10.19%), Folate: 32.71µg (8.18%), Vitamin K: 7.4µg (7.05%), Vitamin D: 0.79µg (5.24%)