

 88%
HEALTH SCORE

King Ranch Chicken Casserole



Gluten Free



Very Healthy

READY IN



50 min.

SERVINGS



8

CALORIES



436 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups roasted chicken cooked chopped
- ☐ 12 oz suya seasoning mix frozen
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 10 oz canned tomatoes diced with green chiles, undrained canned
- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon garlic salt
- ☐ 12 6-inch corn tortillas soft ()

☐ 8 oz cheddar cheese shredded

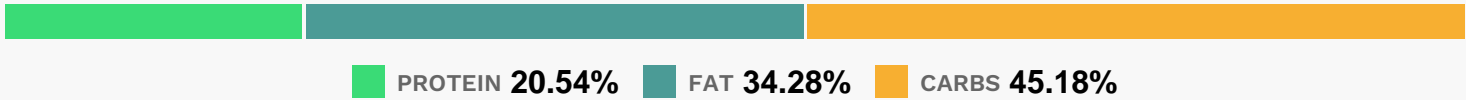
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In large bowl, stir together chicken, seasoning blend, soups, tomatoes, chili powder and garlic salt.
- ☐ Layer one-third of the tortilla pieces in baking dish. Top with one-third of the chicken mixture and 2/3 cup of the cheese. Repeat layers twice.
- ☐ Bake uncovered 32 to 35 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:15.69, Glycemic Load:9.46, Inflammation Score:-9, Nutrition Score:39.515652236731%

Nutrients (% of daily need)

Calories: 436.08kcal (21.8%), Fat: 18.08g (27.82%), Saturated Fat: 8.03g (50.18%), Carbohydrates: 53.64g (17.88%), Net Carbohydrates: 32.6g (11.85%), Sugar: 3.24g (3.6%), Cholesterol: 59.55mg (19.85%), Sodium: 930.34mg (40.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.38g (48.76%), Vitamin K: 267.91µg (255.15%), Manganese: 2.43mg (121.5%), Iron: 17.66mg (98.09%), Calcium: 934.09mg (93.41%), Fiber: 21.05g (84.19%), Vitamin E: 8.63mg (57.53%), Magnesium: 166.36mg (41.59%), Phosphorus: 412.78mg (41.28%), Vitamin B6: 0.75mg (37.61%), Selenium: 21.74µg (31.05%), Vitamin B3: 6.1mg (30.52%), Folate: 116.77µg (29.19%), Vitamin B2: 0.49mg (28.74%), Copper: 0.51mg (25.53%), Zinc: 3.82mg (25.45%), Potassium: 848.52mg (24.24%), Vitamin A: 1207.45IU (24.15%), Vitamin B1: 0.17mg (11.4%), Vitamin B5: 1.08mg (10.81%), Vitamin B12: 0.46µg (7.72%), Vitamin C: 4.31mg (5.23%), Vitamin D: 0.17µg (1.13%)