



WHATSheATE



King Ranch Chicken Casserole



Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



366 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 12 6-inch corn tortillas ()
- ☐ 10.8 ounce cream of chicken soup undiluted canned
- ☐ 10.8 ounce cream of mushroom soup undiluted canned
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 large bell pepper green chopped
- ☐ 1 large onion chopped

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces cheddar cheese shredded divided
- ☐ 10 ounce tomato and chiles diced green canned
- ☐ 2 tablespoons vegetable oil

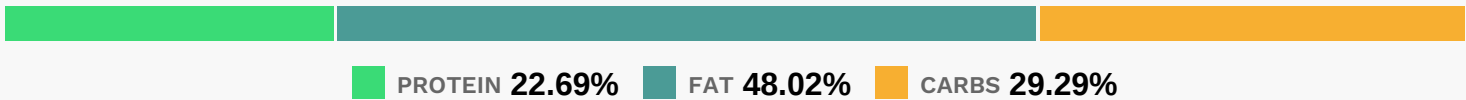
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Saut onion and bell pepper in hot oil in a large skillet over medium-high heat 5 minutes or until tender. Stir in chicken and next 7 ingredients; remove from heat.
- ☐ Tear tortillas into 1-inch pieces; layer one-third of tortilla pieces in bottom of a lightly greased 13- x 9-inch baking dish. Top with one-third of chicken mixture and 2/3 cup cheese. Repeat layers twice.
- ☐ Bake at 350 for 30 to 35 minutes.
- ☐ Note: Freeze casserole up to 1 month, if desired. Thaw in refrigerator overnight, and bake as directed.

Nutrition Facts



Properties

Glycemic Index:29.06, Glycemic Load:9.72, Inflammation Score:-7, Nutrition Score:14.771739187448%

Flavonoids

Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.46mg, Quercetin: 4.46mg,

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Nutrients (% of daily need)

Calories: 365.87kcal (18.29%), Fat: 19.75g (30.38%), Saturated Fat: 7.91g (49.45%), Carbohydrates: 27.11g (9.04%), Net Carbohydrates: 23.37g (8.5%), Sugar: 2.88g (3.2%), Cholesterol: 59.55mg (19.85%), Sodium: 846.7mg (36.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.99g (41.98%), Phosphorus: 361.64mg (36.16%), Selenium: 19.91µg (28.44%), Vitamin C: 22.77mg (27.59%), Calcium: 254.21mg (25.42%), Vitamin B3: 4.21mg (21.06%), Manganese: 0.38mg (18.95%), Vitamin B6: 0.37mg (18.37%), Zinc: 2.75mg (18.31%), Vitamin A: 814.41IU (16.29%), Vitamin B2: 0.26mg (15.43%), Fiber: 3.74g (14.95%), Magnesium: 55.65mg (13.91%), Copper: 0.26mg (13%), Vitamin K: 13.25µg (12.62%), Potassium: 395.26mg (11.29%), Iron: 1.88mg (10.44%), Vitamin E: 1.17mg (7.82%), Vitamin B12: 0.46µg (7.72%), Vitamin B1: 0.11mg (7.58%), Vitamin B5: 0.72mg (7.24%), Folate: 24.13µg (6.03%), Vitamin D: 0.17µg (1.13%)