



Layered Chicken and Black Bean Enchilada Casserole

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



323 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 2 cups rotisserie chicken breast meat diced
- ☐ 8 6-inch corn tortillas ()
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 4.5 ounce chile peppers diced green drained canned
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin

- ☐ 10 ounce enchilada sauce red canned
- ☐ 2 cups mexican blend cheese shredded
- ☐ 8 ounce cup heavy whipping cream sour

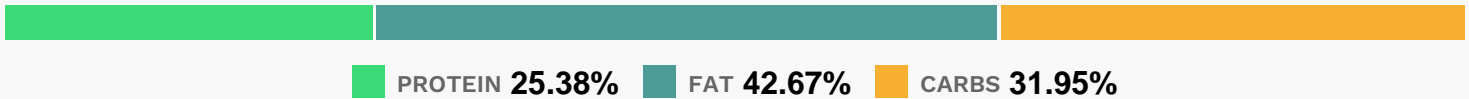
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Heat a large skillet over medium heat, and spray with vegetable cooking spray.
- ☐ Saute chicken with cumin and coriander until chicken is cooked through.
- ☐ Transfer to a medium bowl. Stir in the cilantro, black beans, and green chile peppers.
- ☐ Spread half of the enchilada sauce over the bottom of an 11x7 inch baking dish.
- ☐ Place 4 tortillas over the sauce, overlapping if necessary. Spoon half of the chicken mixture over the tortillas, and sprinkle with half of the cheese and half of the sour cream. Spoon the remaining enchilada sauce over the cheese, and make another layer of tortillas.
- ☐ Layer the remaining chicken mixture over the tortillas. Cover dish with a lid or aluminum foil.
- ☐ Bake for 30 minutes in the preheated oven.
- ☐ Remove the cover, and sprinkle the remaining cheese over the top and dot with sour cream. Continue cooking, uncovered, for an additional 5 to 10 minutes, or until cheese melts.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.94, Glycemic Load:5.03, Inflammation Score:-6, Nutrition Score:13.585652398027%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 322.56kcal (16.13%), Fat: 15.44g (23.75%), Saturated Fat: 8g (50.01%), Carbohydrates: 26.01g (8.67%), Net Carbohydrates: 19.77g (7.19%), Sugar: 3.91g (4.34%), Cholesterol: 67.33mg (22.44%), Sodium: 808.91mg (35.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.67g (41.33%), Phosphorus: 364.92mg (36.49%), Selenium: 19.61µg (28.02%), Calcium: 262.55mg (26.26%), Fiber: 6.25g (24.99%), Vitamin B3: 4.8mg (23.99%), Vitamin B6: 0.42mg (20.78%), Vitamin B2: 0.26mg (15.33%), Magnesium: 58.44mg (14.61%), Vitamin A: 639.83IU (12.8%), Potassium: 432.42mg (12.35%), Folate: 49.25µg (12.31%), Iron: 2.18mg (12.13%), Zinc: 1.81mg (12.05%), Manganese: 0.23mg (11.52%), Vitamin C: 8.37mg (10.14%), Vitamin B1: 0.14mg (9.18%), Vitamin B5: 0.84mg (8.39%), Copper: 0.17mg (8.34%), Vitamin B12: 0.48µg (7.98%), Vitamin E: 0.33mg (2.19%), Vitamin K: 1.52µg (1.44%), Vitamin D: 0.18µg (1.18%)