



## Layered Chile-Chicken Enchilada Casserole

READY IN



90 min.

SERVINGS



8

CALORIES



448 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups roasted chicken diced cooked
- 12 oz colby cheese shredded
- 4 oz chilis green undrained chopped canned
- 0.8 cup cream sour
- 11 oz flour tortilla for burritos (8 count)
- 16 oz refried beans traditional canned
- 10 oz enchilada sauce red canned
- 0.3 cup spring onion sliced
- 1 cup lettuce shredded

0.8 cup tomatoes chopped

## Equipment

bowl

oven

baking pan

aluminum foil

glass baking pan

## Directions

Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In medium bowl, mix chicken, 1 1/2 cups of the cheese, the chiles and sour cream.

Layer 3 tortillas in baking dish, overlapping as necessary and placing slightly up sides of dish (cut third tortilla in half).

Spread about half of the beans over tortillas. Top with about half of the chicken mixture and half of the enchilada sauce.

Layer with 3 more tortillas and remaining beans and chicken mixture.

Place remaining 2 tortillas over chicken mixture, overlapping slightly (do not place up sides of dish).

Pour remaining enchilada sauce over top.

Sprinkle with remaining 1 1/2 cups cheese.

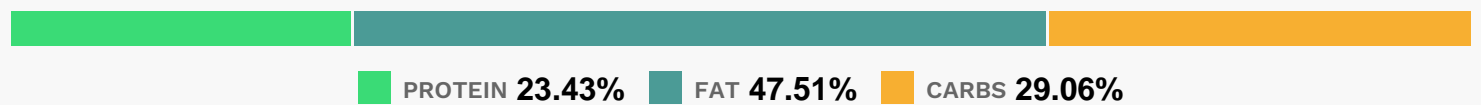
Cover baking dish with foil.

Bake 45 to 55 minutes or until bubbly and thoroughly heated.

Let stand 5 to 10 minutes before cutting.

Garnish casserole or individual servings with onions, lettuce and tomato.

## Nutrition Facts



## Properties

Glycemic Index:21.88, Glycemic Load:7.79, Inflammation Score:-7, Nutrition Score:15.161304639733%

## Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 447.88kcal (22.39%), Fat: 23.35g (35.93%), Saturated Fat: 12.55g (78.44%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 27.19g (9.89%), Sugar: 6.8g (7.56%), Cholesterol: 79.37mg (26.46%), Sodium: 1268.31mg (55.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.92g (51.83%), Calcium: 403.26mg (40.33%), Phosphorus: 366.09mg (36.61%), Selenium: 24.34µg (34.77%), Vitamin B3: 4.74mg (23.7%), Vitamin B2: 0.37mg (21.69%), Vitamin A: 1065.36IU (21.31%), Fiber: 4.95g (19.78%), Iron: 3.21mg (17.83%), Vitamin B1: 0.24mg (16.03%), Folate: 61.7µg (15.42%), Zinc: 2.18mg (14.52%), Vitamin K: 14.02µg (13.35%), Vitamin B6: 0.24mg (12.14%), Manganese: 0.24mg (11.91%), Vitamin C: 8.5mg (10.31%), Vitamin B12: 0.5µg (8.33%), Magnesium: 32.5mg (8.12%), Potassium: 280.27mg (8.01%), Vitamin B5: 0.6mg (6.01%), Copper: 0.1mg (4.77%), Vitamin E: 0.31mg (2.07%), Vitamin D: 0.26µg (1.7%)