



Light King Ranch Chicken Casserole

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



331 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce block cheddar cheese shredded reduced-fat
- ☐ 1 teaspoon chili powder
- ☐ 2 cups chicken breasts cooked chopped
- ☐ 12 6-inch corn tortillas ()
- ☐ 10 ounce cream of chicken soup fat-free undiluted canned
- ☐ 10 ounce cream of mushroom soup fat-free undiluted canned
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 large bell pepper green chopped

- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 10 ounce tomato and chiles diced green canned

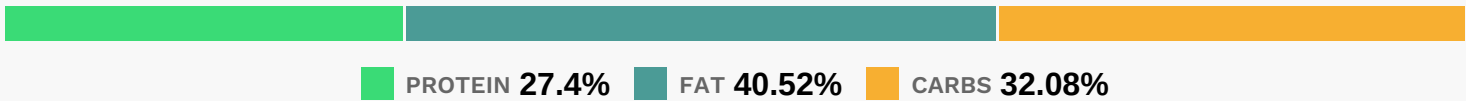
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Saut onion and bell pepper in a large skillet coated with cooking spray over medium-high heat 5 minutes or until tender.
- ☐ Stir in chicken and next 6 ingredients; remove from heat.
- ☐ Tear tortillas into 1-inch pieces; layer one-third tortilla pieces in bottom of a 13- x 9-inch baking dish coated with cooking spray. Top with one-third chicken mixture and one-third cheese. Repeat layers twice.
- ☐ Bake at 350 for 30 to 35 minutes or until bubbly.
- ☐ 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:9.65, Inflammation Score:-7, Nutrition Score:15.042173971301%

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, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 331.25kcal (16.56%), Fat: 15.06g (23.17%), Saturated Fat: 7.04g (43.99%), Carbohydrates: 26.82g (8.94%), Net Carbohydrates: 23.07g (8.39%), Sugar: 2.87g (3.19%), Cholesterol: 62.71mg (20.9%), Sodium: 736.19mg (32.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.92g (45.83%), Phosphorus: 372.74mg (37.27%), Vitamin B3: 6.22mg (31.09%), Selenium: 20.91µg (29.87%), Vitamin C: 22.76mg (27.59%), Calcium: 255.01mg (25.5%), Vitamin B6: 0.43mg (21.65%), Manganese: 0.38mg (18.85%), Zinc: 2.53mg (16.85%), Vitamin A: 802.91IU (16.06%), Fiber: 3.75g (14.99%), Vitamin B2: 0.25mg (14.59%), Magnesium: 58.26mg (14.57%), Copper: 0.25mg (12.46%), Potassium: 400.87mg (11.45%), Iron: 1.78mg (9.88%), Vitamin B12: 0.48µg (7.94%), Vitamin B1: 0.12mg (7.71%), Vitamin B5: 0.71mg (7.12%), Vitamin K: 7.1µg (6.76%), Vitamin E: 0.98mg (6.51%), Folate: 23.56µg (5.89%), Vitamin D: 0.21µg (1.37%)