



Lightened King Ranch Chicken Casserole

 Gluten Free

READY IN



109 min.

SERVINGS



10

CALORIES



497 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 carrots cut into 3 pieces each
- ☐ 2 rib celery cut into 3 pieces each
- ☐ 1 teaspoon chili powder mexican-style
- ☐ 12 6-inch fajita-size corn tortillas cut into 1/2-inch strips
- ☐ 10.8 oz cream of chicken soup reduced-fat canned
- ☐ 10.8 oz cream of mushroom soup reduced-fat canned
- ☐ 20 oz tomatoes and chiles diced green drained canned

- ☐ 1 garlic clove pressed
- ☐ 1 medium size bell pepper green chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 2.5 tsp salt
- ☐ 3 cups sharp cheddar cheese 2% grated reduced-fat
- ☐ 4.5 lb meat from a rotisserie chicken whole

Equipment

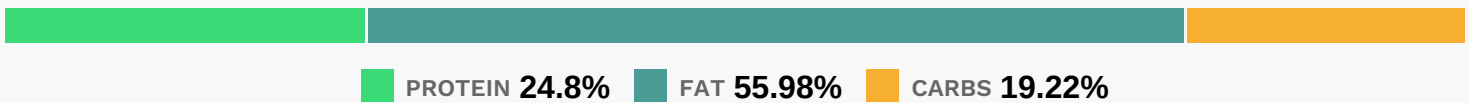
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ If applicable, remove giblets from chicken, and reserve for another use. Rinse chicken.
- ☐ Place chicken, celery, carrots, and salt in a large Dutch oven with water to cover. Bring to a boil over medium-high heat; reduce heat to low. Cover and simmer 50 minutes to 1 hour or until chicken is done.
- ☐ Remove from heat.
- ☐ Remove chicken from broth; cool 30 minutes.
- ☐ Remove and reserve 3/4 cup cooking liquid. Strain any remaining cooking liquid, and reserve for another use.
- ☐ Preheat oven to 35
- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add onion, and saut 6 to 7 minutes or until tender.
- ☐ Add bell pepper and garlic, and saut 3 to 4 minutes. Stir in reserved 3/4 cup cooking liquid, cream of mushroom soup, and next 5 ingredients. Cook, stirring occasionally, 8 minutes.
- ☐ Skin and bone chicken; shred meat into bite-size pieces.

- ☐ Layer half of chicken in a lightly greased 13- x 9-inch baking dish. Top with half of soup mixture and 1 cup Cheddar cheese. Cover with half of corn tortilla strips. Repeat layers once. Top with remaining 1 cup cheese.
- ☐ Bake, covered, at 350 for 50 minutes; uncover and bake for 10 to 15 minutes or until bubbly.
- ☐ Let stand 10 minutes before serving.
- ☐ *1 tsp. chili powder and 1/8 tsp. ground red pepper may be substituted for Mexican-style chili powder.
- ☐ Note: For testing purposes only, we used Cracker Barrel 2% Milk Natural Sharp Cheddar Cheese.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:7.88, Inflammation Score:-9, Nutrition Score:20.053913023161%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 496.77kcal (24.84%), Fat: 31.01g (47.71%), Saturated Fat: 12.51g (78.2%), Carbohydrates: 23.96g (7.99%), Net Carbohydrates: 20.45g (7.44%), Sugar: 3.26g (3.63%), Cholesterol: 114.35mg (38.12%), Sodium: 1343.48mg (58.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.92g (61.84%), Vitamin A: 2782.81IU (55.66%), Phosphorus: 438.89mg (43.89%), Vitamin B3: 8.18mg (40.91%), Selenium: 26.43µg (37.75%), Calcium: 313.57mg (31.36%), Vitamin B6: 0.58mg (28.88%), Zinc: 3.53mg (23.55%), Vitamin C: 18.09mg (21.93%), Vitamin B2: 0.37mg (21.69%), Manganese: 0.35mg (17.62%), Magnesium: 66.27mg (16.57%), Iron: 2.76mg (15.32%), Potassium: 517.34mg (14.78%), Fiber: 3.51g (14.04%), Copper: 0.27mg (13.47%), Vitamin B5: 1.32mg (13.15%), Vitamin B12: 0.71µg (11.9%), Vitamin B1: 0.16mg (10.42%), Vitamin E: 1.47mg (9.77%), Vitamin K: 9.34µg (8.89%), Folate: 28.11µg (7.03%), Vitamin D: 0.4µg (2.66%)