

Mexican Casserole

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



415 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.8 pound rotisserie chicken breast meat boneless skinless cubed
- ☐ 0.3 cup salsa
- ☐ 1 cup cheese shredded mexican-style
- ☐ 8.8 ounce regular corn sweet drained canned
- ☐ 1.3 ounce taco seasoning
- ☐ 1.5 cups tortilla chips plain crushed
- ☐ 2 tablespoons vegetable oil

☐ 6 servings water as needed

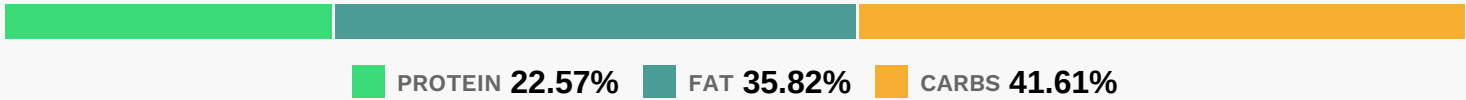
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a large skillet over medium high heat, saute chicken in oil until cooked through and no longer pink inside.
- ☐ Add taco seasoning, beans, corn, salsa and a little water to prevent drying out. Cover skillet and simmer over medium low heat for 10 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Transfer chicken mixture to a 9x13 inch baking dish. Top with 1/2 cup of the cheese and crushed tortilla chips.
- ☐ Bake in the preheated oven for 15 minutes.
- ☐ Add remaining 1/2 cup cheese and bake until cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:4.37, Inflammation Score:-7, Nutrition Score:17.528695598893%

Nutrients (% of daily need)

Calories: 414.84kcal (20.74%), Fat: 16.97g (26.11%), Saturated Fat: 4.41g (27.58%), Carbohydrates: 44.37g (14.79%), Net Carbohydrates: 35.63g (12.95%), Sugar: 3.81g (4.24%), Cholesterol: 51.03mg (17.01%), Sodium: 1109.08mg (48.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.06g (48.11%), Vitamin B3: 7.43mg (37.15%), Phosphorus: 361.68mg (36.17%), Fiber: 8.74g (34.96%), Selenium: 23.68µg (33.83%), Vitamin B6: 0.6mg (29.93%), Magnesium: 82.17mg (20.54%), Potassium: 612.67mg (17.5%), Vitamin A: 861.68IU (17.23%), Vitamin B5: 1.65mg (16.55%), Calcium: 163.75mg (16.38%), Folate: 60.2µg (15.05%), Iron: 2.71mg (15.04%), Vitamin B1: 0.22mg (14.91%), Vitamin K: 15.51µg (14.77%), Vitamin B2: 0.24mg (14.22%), Manganese: 0.26mg (13.03%), Zinc: 1.96mg (13.03%), Copper: 0.25mg (12.32%), Vitamin E: 1.7mg (11.32%), Vitamin C: 7.73mg (9.37%), Vitamin B12: 0.54µg (8.98%)