



Mexican Casserole

 **Gluten Free**  **Popular**

READY IN



65 min.

SERVINGS



6

CALORIES



581 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 chicken breast boneless
- 2 cups jackfruit segments shredded
- 10 oz cream of chicken soup
- 10 oz cream of mushroom soup
- 1 onion finely chopped
- 1 cup rice uncooked
- 1 cup salsa
- 2 cups cheddar cheese shredded

Equipment

- frying pan
- oven
- mixing bowl
- pot
- baking pan

Directions

- Take a large pot and ring water to a boil. When finished, place you chicken breasts in to boil for 20 minutes or until cooked. Take a smaller pan and cook rice as directed. Allow both rice and chicken time to cool when once fully cooked.
- Heat over to 350 degrees. Take cooled chicken breasts and shred, or cut into bite size pieces.
- Add into a large mixing bowl. Stir in cooked rice, 2 cups of Monterrey Jack cheese, and 1 cup of Cheddar. Stir in both soups, chopped onion, and salsa. Take a 9 x 13 baking dish and coat with non stick spray.
- Place mixture into the 9 x 13 dish and cover with the remaining cup of cheddar cheese.
- Bake for 40 minutes. Allow to cool before serving.

Nutrition Facts



Properties

Glycemic Index:38.86, Glycemic Load:25.89, Inflammation Score:-7, Nutrition Score:27.581304347826%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Taste

Sweetness: 35.01%, Saltiness: 100%, Sourness: 15.8%, Bitterness: 18.64%, Savoriness: 70.59%, Fattiness: 65.96%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 581.48kcal (29.07%), Fat: 21.23g (32.65%), Saturated Fat: 9.63g (60.22%), Carbohydrates: 48.83g (16.28%), Net Carbohydrates: 46.42g (16.88%), Sugar: 13.34g (14.82%), Cholesterol: 140.24mg (46.75%), Sodium: 1375.44mg (59.8%), Protein: 48.03g (96.06%), Selenium: 64.91µg (92.73%), Vitamin B3: 17.85mg (89.25%), Vitamin B6: 1.5mg (75.16%), Phosphorus: 583.45mg (58.35%), Calcium: 320.52mg (32.05%), Manganese: 0.63mg (31.6%), Potassium: 1089.58mg (31.13%), Vitamin B5: 3.04mg (30.35%), Vitamin B2: 0.43mg (25.36%), Zinc: 3.44mg (22.92%), Magnesium: 86.53mg (21.63%), Copper: 0.35mg (17.65%), Vitamin A: 777.48IU (15.55%), Vitamin B1: 0.23mg (15.06%), Vitamin C: 11.57mg (14.02%), Vitamin B12: 0.78µg (12.94%), Iron: 2.04mg (11.35%), Vitamin E: 1.58mg (10.51%), Folate: 39.07µg (9.77%), Fiber: 2.41g (9.65%), Vitamin K: 5.07µg (4.83%), Vitamin D: 0.38µg (2.51%)