

Mexican Casserole

READY IN



65 min.

SERVINGS



8

CALORIES



407 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 chicken breast halves boneless cubed cooked
- 4 ounce chiles green drained chopped canned
- 10.8 ounce cream of chicken soup canned
- 10.8 ounce cream of mushroom soup canned
- 8 6-inch flour tortilla ()
- 0.3 cup milk
- 2 cups cheddar cheese shredded
- 0.7 cup cream sour

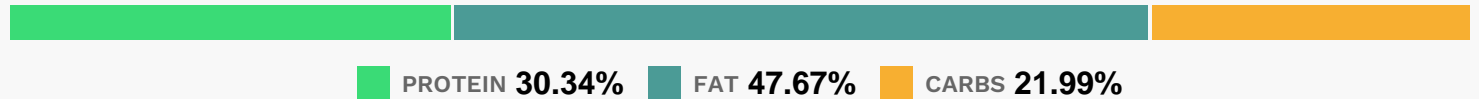
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl combine the cream of mushroom soup, cream of chicken soup, chile peppers, milk and sour cream; mix until well blended.
- Place a layer of tortilla strips in the bottom of a lightly greased 9x13 inch baking dish.
- Layer as follows: 1/2 of the soup mixture, 1/2 of the chicken, 1/2 of the shredded cheese. Repeat until ingredients are all used, ending with a layer of shredded cheese.
- Bake in the preheated oven for 45 minutes covered, then remove cover and bake an additional 15 minutes.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:6.18, Inflammation Score:-5, Nutrition Score:17.920434806658%

Nutrients (% of daily need)

Calories: 406.7kcal (20.33%), Fat: 21.31g (32.78%), Saturated Fat: 9.97g (62.29%), Carbohydrates: 22.11g (7.37%), Net Carbohydrates: 20.75g (7.54%), Sugar: 2.43g (2.7%), Cholesterol: 99.67mg (33.22%), Sodium: 1106.49mg (48.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.51g (61.03%), Selenium: 43.43µg (62.04%), Vitamin B3: 10.79mg (53.94%), Phosphorus: 415.84mg (41.58%), Vitamin B6: 0.72mg (35.84%), Calcium: 288.46mg (28.85%), Vitamin B2: 0.38mg (22.43%), Vitamin B5: 1.62mg (16.24%), Vitamin B1: 0.24mg (15.69%), Zinc: 2.32mg (15.49%), Manganese: 0.31mg (15.32%), Potassium: 490.91mg (14.03%), Iron: 2.32mg (12.89%), Folate: 49.76µg (12.44%), Magnesium: 43.85mg (10.96%), Vitamin A: 527.44IU (10.55%), Vitamin B12: 0.61µg (10.19%), Copper: 0.19mg (9.59%), Vitamin C: 6.08mg (7.36%), Fiber: 1.37g (5.47%), Vitamin K: 4.88µg (4.65%), Vitamin E: 0.66mg (4.37%), Vitamin D: 0.34µg (2.25%)