



Mexican Chicken Casserole

READY IN



45 min.

SERVINGS



45

CALORIES



36 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15.5 oz no-salt-added black beans rinsed canned
- 1 bell pepper green chopped
- 1 tsp ground cumin
- 2 oz philadelphia neufchatel cheese cubed ()
- 1.5 cups taco bellâ® & chunky salsa thick
- 0.5 cup milk four cheese shredded 2% mexican style divided kraft finely
- 0.8 lb chicken breasts boneless skinless cut into bite-size pieces
- 1 tomatoes chopped
- 2 6-inch tortillas whole wheat ()

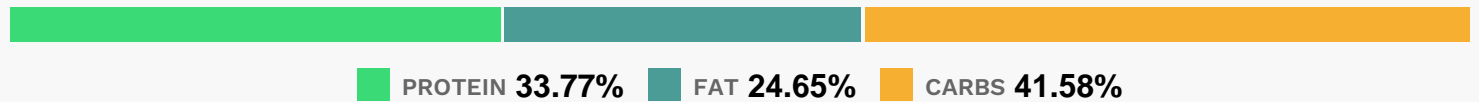
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 375F.
- Cook and stir chicken and cumin in nonstick skillet on medium heat 2 min.
- Add peppers; cook 2 min., stirring occasionally. Stir in salsa; cook 2 min.
- Add Neufchatel; cook and stir 2 min. or until melted. Stir in beans and tomatoes.
- Spread 1/3 of the chicken mixture onto bottom of 8-inch square baking dish sprayed with cooking spray; cover with 1 tortilla and half each of the remaining chicken mixture and shredded cheese. Top with remaining tortilla and chicken mixture; cover.
- Bake 20 min. or until heated through.
- Sprinkle with remaining shredded cheese; bake, uncovered, 5 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:3.04, Glycemic Load:0.51, Inflammation Score:-2, Nutrition Score:2.4660869486954%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 36.15kcal (1.81%), Fat: 1.01g (1.55%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 2.66g (0.97%), Sugar: 0.56g (0.62%), Cholesterol: 7.25mg (2.42%), Sodium: 96.41mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.21%), Vitamin B3: 0.99mg (4.93%), Vitamin B6: 0.09mg (4.73%), Fiber: 1.16g (4.66%), Folate: 16.59µg (4.15%), Selenium: 2.9µg (4.15%), Phosphorus: 41.08mg (4.11%), Vitamin

C: 2.76mg (3.34%), Manganese: 0.06mg (3.14%), Potassium: 99.85mg (2.85%), Magnesium: 11.27mg (2.82%), Vitamin B1: 0.04mg (2.49%), Iron: 0.36mg (1.98%), Vitamin B2: 0.03mg (1.97%), Vitamin A: 95.2IU (1.9%), Calcium: 18.14mg (1.81%), Vitamin B5: 0.18mg (1.77%), Copper: 0.03mg (1.63%), Zinc: 0.24mg (1.59%), Vitamin E: 0.15mg (1.03%)