



Mexican Chicken Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



358 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 ounce chiles green divided chopped canned
- ☐ 12 6-inch corn tortillas ()
- ☐ 10 ounce enchilada sauce canned
- ☐ 1 cup evaporated skim milk
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 ounces cream cheese light tub-style
- ☐ 2 ounces cheddar cheese shredded extra-sharp reduced-fat
- ☐ 4 ounces monterrey jack cheese shredded

- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 1.8 pounds skinned
- ☐ 1 ounce tortilla chips crushed (6 chips)

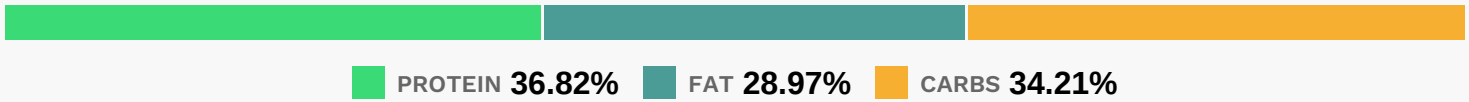
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Combine broth and 1 can of chiles in a large skillet; bring to a boil.
- ☐ Add chicken; reduce heat, and simmer 15 minutes or until chicken is done, turning chicken once.
- ☐ Remove chicken from cooking liquid, reserving cooking liquid; cool chicken. Shred meat with two forks, and set aside.
- ☐ Preheat oven to 35
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add 1 can of chiles and onion; saut 3 minutes or until soft.
- ☐ Add reserved cooking liquid, milk, Monterey Jack, cream cheese, and enchilada sauce; stir well. Stir in shredded chicken; cook 2 minutes.
- ☐ Remove from heat.
- ☐ Place 4 tortillas in the bottom of a 2-quart casserole coated with cooking spray. Spoon 2 cups chicken mixture over tortillas. Repeat layers twice, ending with chicken mixture.
- ☐ Sprinkle with cheddar cheese and chips.
- ☐ Bake at 350 for 30 minutes or until thoroughly heated.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:13.06, Glycemic Load:7.98, Inflammation Score:-7, Nutrition Score:19.229565226513%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 358.05kcal (17.9%), Fat: 11.51g (17.71%), Saturated Fat: 4.69g (29.33%), Carbohydrates: 30.58g (10.19%), Net Carbohydrates: 26.45g (9.62%), Sugar: 7.79g (8.66%), Cholesterol: 82.71mg (27.57%), Sodium: 885.67mg (38.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.91g (65.81%), Vitamin B3: 11.43mg (57.13%), Selenium: 39.27µg (56.1%), Phosphorus: 521.64mg (52.16%), Vitamin B6: 0.94mg (46.82%), Calcium: 295.98mg (29.6%), Vitamin B2: 0.33mg (19.47%), Vitamin B5: 1.92mg (19.23%), Potassium: 659.78mg (18.85%), Magnesium: 74.58mg (18.65%), Vitamin C: 14.67mg (17.78%), Fiber: 4.13g (16.53%), Zinc: 2.09mg (13.91%), Vitamin A: 596.48IU (11.93%), Iron: 1.86mg (10.34%), Vitamin B1: 0.14mg (9.31%), Vitamin B12: 0.55µg (9.16%), Folate: 35.21µg (8.8%), Manganese: 0.18mg (8.78%), Copper: 0.12mg (5.84%), Vitamin D: 0.85µg (5.68%), Vitamin E: 0.63mg (4.21%), Vitamin K: 2.1µg (2%)