



Mexican Chicken Casserole with Charred Tomato Salsa

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



334 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 4 ounce chilis green chopped canned
- ☐ 2 teaspoons chili powder
- ☐ 3 cups chicken shredded cooked
- ☐ 12 6-inch corn tortillas ()
- ☐ 10 ounce enchilada sauce green canned
- ☐ 4 ounces feta cheese crumbled

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup ears corn fresh
- ☐ 1 tablespoon garlic minced
- ☐ 3 garlic clove crushed peeled
- ☐ 1 teaspoon ground cumin
- ☐ 1 jalapeno seeded quartered
- ☐ 3 tablespoons juice of lime fresh
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 1 small onion peeled chopped
- ☐ 1 cup onion chopped
- ☐ 8 plum tomatoes halved seeded
- ☐ 1 cup bell pepper red chopped
- ☐ 1 cup zucchini diced

Equipment

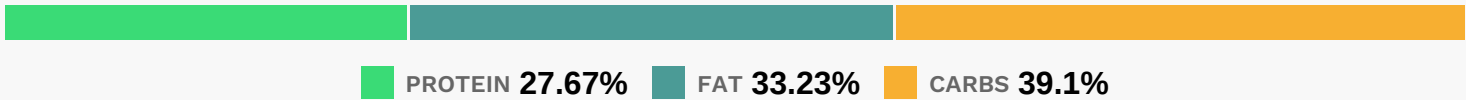
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ To prepare salsa, combine first 4 ingredients on a baking sheet coated with cooking spray. Broil 20 minutes or until charred, stirring once.
- ☐ Remove from oven; cool slightly.
- ☐ Place tomato mixture in a food processor; add cilantro, lime juice, and pepper. Process until smooth. Set aside.

- ☐ Preheat oven to 35
- ☐ To prepare casserole, heat a large nonstick skillet over medium-high heat. Lightly coat pan with cooking spray.
- ☐ Add 1 cup onion, corn, zucchini, and bell pepper; saut 6 minutes or until tender.
- ☐ Add chicken and next 5 ingredients (through green chiles); saut 2 minutes or until thoroughly heated.
- ☐ Remove from heat.
- ☐ Spread 1/2 cup salsa over the bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange half of tortillas over salsa. Spoon 2 cups chicken mixture evenly over tortillas. Top with 3/4 cup salsa.
- ☐ Sprinkle with 1/2 cup of each cheese. Repeat layers, starting with remaining tortillas and ending with remaining cheeses.
- ☐ Bake at 350 for 25 minutes until bubbly.

Nutrition Facts



Properties

Glycemic Index:50.56, Glycemic Load:9.46, Inflammation Score:-9, Nutrition Score:19.617391397124%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg

Nutrients (% of daily need)

Calories: 333.67kcal (16.68%), Fat: 12.63g (19.43%), Saturated Fat: 5.86g (36.6%), Carbohydrates: 33.43g (11.14%), Net Carbohydrates: 27.65g (10.05%), Sugar: 8.17g (9.08%), Cholesterol: 64.61mg (21.54%), Sodium: 685.49mg (29.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.66g (47.33%), Vitamin C: 48.65mg (58.97%), Phosphorus: 393.22mg (39.32%), Vitamin A: 1828.88IU (36.58%), Vitamin B6: 0.62mg (30.89%), Vitamin B3: 6.06mg (30.31%), Selenium: 20.26µg (28.94%), Calcium: 244.98mg (24.5%), Fiber: 5.78g (23.14%), Vitamin B2: 0.35mg (20.75%), Manganese: 0.39mg (19.45%), Magnesium: 70.75mg (17.69%), Zinc: 2.56mg (17.05%), Potassium: 584.21mg (16.69%), Folate: 55.66µg (13.92%), Iron: 2.48mg (13.79%), Vitamin B1: 0.19mg (12.37%), Vitamin B5:

1.08mg (10.76%), Vitamin K: 10.31µg (9.82%), Copper: 0.19mg (9.29%), Vitamin B12: 0.51µg (8.49%), Vitamin E: 1.13mg (7.54%)