



Mexican Vegetable-Chicken Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



570 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15.3 ounce regular corn with red and green peppers, drained canned
- 9 ounce chiles green chopped canned
- 6 servings garnish: chile peppers whole green
- 2 cups meat from a rotisserie chicken cooked chopped
- 10.8 ounce cream of chicken soup undiluted canned
- 14.5 ounce cut green beans drained canned
- 2 ounces four cheese cheese blend shredded mexican-style
- 14.5 ounce nacho-seasoned tortilla chips

- 0.5 cup cup heavy whipping cream sour
- 2 tablespoons taco seasoning

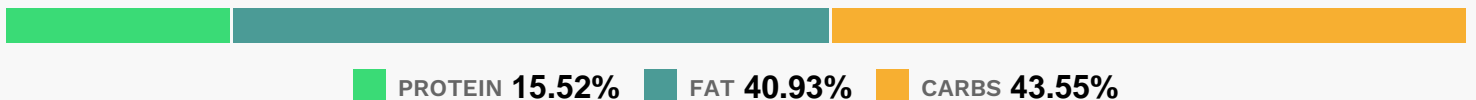
Equipment

- oven
- baking pan

Directions

- Set aside 16 whole tortilla chips, and crush enough remaining chips to measure 1 cup.
- Stir together chicken, half of cheese, corn, and next 5 ingredients. Spoon into a lightly greased 11- x 7-inch baking dish.
- Sprinkle with remaining cheese and crushed chips.
- Arrange whole chips around edge of dish.
- Bake, covered, at 375 for 30 minutes or until bubbly.
- Serve with salsa.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:3.12, Inflammation Score:-8, Nutrition Score:23.12304358897%

Flavonoids

Luteolin: 3.48mg, Luteolin: 3.48mg, Luteolin: 3.48mg, Luteolin: 3.48mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 569.55kcal (28.48%), Fat: 26.68g (41.04%), Saturated Fat: 6.03g (37.71%), Carbohydrates: 63.85g (21.28%), Net Carbohydrates: 55.21g (20.08%), Sugar: 6.58g (7.31%), Cholesterol: 52.26mg (17.42%), Sodium: 982.41mg (42.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.75g (45.51%), Vitamin C: 85.03mg (103.07%), Vitamin K: 51.48µg (49.03%), Fiber: 8.64g (34.58%), Phosphorus: 319.19mg (31.92%), Vitamin B6: 0.63mg

(31.54%), Vitamin B3: 5.58mg (27.92%), Magnesium: 97.33mg (24.33%), Selenium: 16.71µg (23.87%), Vitamin E: 3.31mg (22.09%), Vitamin A: 1104.13IU (22.08%), Iron: 3.73mg (20.72%), Calcium: 171.45mg (17.15%), Potassium: 599.11mg (17.12%), Vitamin B5: 1.69mg (16.89%), Folate: 65.5µg (16.37%), Vitamin B2: 0.28mg (16.25%), Vitamin B1: 0.24mg (15.79%), Zinc: 2.16mg (14.41%), Manganese: 0.28mg (14.02%), Copper: 0.26mg (12.82%), Vitamin B12: 0.18µg (2.93%)