



Mexican Vegetable-Chicken Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



573 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
- ☐ 6 servings try build-a-meal

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

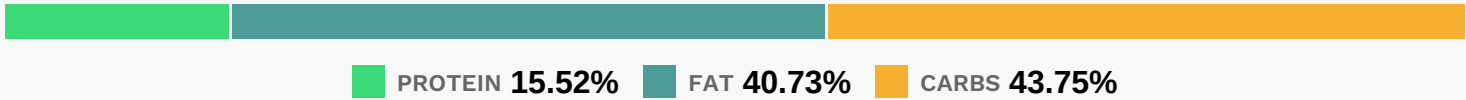
Equipment

- ☐ 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:23.504347956699%

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: 572.79kcal (28.64%), Fat: 26.7g (41.08%), Saturated Fat: 6.04g (37.73%), Carbohydrates: 64.54g (21.51%), Net Carbohydrates: 55.67g (20.24%), Sugar: 6.59g (7.32%), Cholesterol: 52.26mg (17.42%), Sodium: 982.42mg (42.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.89g (45.79%), Vitamin C: 85.03mg (103.07%), Vitamin K: 51.54µg (49.09%), Fiber: 8.87g (35.48%), Phosphorus: 325.51mg (32.55%), Vitamin B6: 0.63mg (31.74%), Vitamin B3: 5.64mg (28.2%), Magnesium: 99.81mg (24.95%), Selenium: 17.22µg (24.6%), Vitamin E: 3.33mg (22.18%), Vitamin A: 1104.24IU (22.08%), Iron: 3.79mg (21.08%), Manganese: 0.35mg (17.37%), Potassium: 606.41mg

(17.33%), Calcium: 172.01mg (17.2%), Vitamin B5: 1.7mg (17.04%), Vitamin B2: 0.28mg (16.43%), Folate: 65.65µg (16.41%), Vitamin B1: 0.24mg (15.99%), Zinc: 2.22mg (14.78%), Copper: 0.26mg (13.17%), Vitamin B12: 0.18µg (2.93%)