



Mini Light King Ranch Chicken Casseroles

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



267 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce cheddar cheese shredded 2% reduced-fat
- ☐ 1 teaspoon chili powder
- ☐ 3 cups chicken breast strips/pre-cooked/chopped cooked chopped
- ☐ 12 6-inch corn tortillas ()
- ☐ 10.8 ounce cream of chicken soup reduced-fat canned
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 large bell pepper green chopped
- ☐ 1 large onion chopped

- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups cream light sour
- ☐ 10 ounce tomatoes diced green canned
- ☐ 1 slices tomatoes chopped

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ ramekin
- ☐ baking pan
- ☐ aluminum foil
- ☐ dutch oven

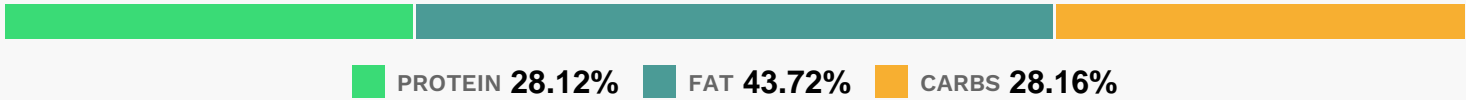
Directions

- ☐ Saut onion and bell pepper in a lightly greased Dutch oven over medium-high heat 5 minutes or until tender. Stir in chicken and next 7 ingredients; remove from heat.
- ☐ Tear tortillas into 1-inch pieces; layer half of tortilla pieces in 12 lightly greased (7-ounce) ramekins. Spoon 1/3 cup chicken mixture into each ramekin.
- ☐ Sprinkle ramekins with half of cheese. Repeat layers once.
- ☐ Place ramekins on baking sheets.
- ☐ Bake at 350 for 18 to 20 minutes or until bubbly.
- ☐ Garnish, if desired.
- ☐ Note: To make ahead, prepare recipe as directed through Step Cover with aluminum foil, and freeze casseroles up to 1 month. Thaw in refrigerator overnight.
- ☐ Bake at 350 for 20 to 25 minutes or until bubbly.
- ☐ To make casseroles in baking dishes, prepare recipe as directed through Step Tear 6 tortillas as directed in Step
- ☐ Layer one-third of tortilla pieces in a lightly greased 8-inch square baking dish. Top with 1 cup chicken mixture and 1/3 cup cheese. Repeat layers twice. Repeat procedure with remaining

tortillas, chicken mixture, and cheese in another lightly greased 8–inch square baking dish.

- ☐ Bake at 350 for 50 minutes or until bubbly. Makes 12 servings. Prep: 20 min., Cook: 5 min.,
- ☐ Bake: 50 min.

Nutrition Facts



Properties

Glycemic Index:22.54, Glycemic Load:6.51, Inflammation Score:-6, Nutrition Score:11.521739135618%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 266.77kcal (13.34%), Fat: 13.04g (20.07%), Saturated Fat: 6.45g (40.34%), Carbohydrates: 18.91g (6.3%), Net Carbohydrates: 16.43g (5.97%), Sugar: 2.04g (2.27%), Cholesterol: 60.74mg (20.25%), Sodium: 465.24mg (20.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.88g (37.75%), Phosphorus: 289.74mg (28.97%), Vitamin B3: 5.57mg (27.87%), Selenium: 18.08µg (25.83%), Calcium: 211.88mg (21.19%), Vitamin C: 15.74mg (19.08%), Vitamin B6: 0.36mg (17.84%), Vitamin A: 653.99IU (13.08%), Vitamin B2: 0.2mg (11.78%), Zinc: 1.69mg (11.3%), Magnesium: 43.77mg (10.94%), Fiber: 2.48g (9.91%), Potassium: 334.52mg (9.56%), Manganese: 0.19mg (9.32%), Vitamin B12: 0.44µg (7.33%), Copper: 0.13mg (6.64%), Iron: 1.19mg (6.6%), Vitamin B1: 0.09mg (6.21%), Vitamin B5: 0.55mg (5.48%), Vitamin E: 0.79mg (5.27%), Vitamin K: 5.16µg (4.92%), Folate: 18.05µg (4.51%), Vitamin D: 0.21µg (1.37%)