



Monterey Chicken Tortilla Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



563 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups meat from a rotisserie chicken cubed cooked
- ☐ 0.5 cup olives pitted ripe sliced
- ☐ 0.8 cup picante sauce pace®
- ☐ 0.5 cup bell pepper green red chopped
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 1 cup coarsely tortilla chips crumbled
- ☐ 4 servings tortilla chips
- ☐ 15 ounce kernel corn whole cream-style canned

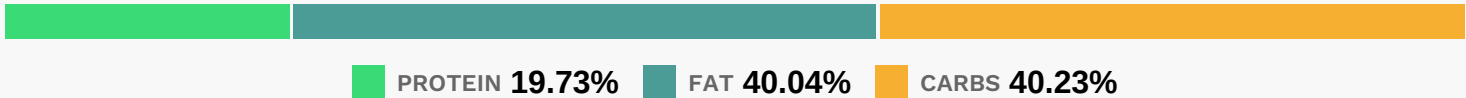
Equipment

☐ oven

Directions

- ☐ Layer the crumbled chips, chicken, corn and picante sauce in 1-quart casserole. Top with the olives and cheese.
- ☐ Bake at 350 degrees F for 40 minutes or until hot. Top with the pepper.
- ☐ Serve with the chips.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.15, Inflammation Score:-7, Nutrition Score:17.11608696243%

Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 563.39kcal (28.17%), Fat: 25.42g (39.1%), Saturated Fat: 6.17g (38.56%), Carbohydrates: 57.46g (19.15%), Net Carbohydrates: 52.65g (19.14%), Sugar: 2.88g (3.21%), Cholesterol: 66.63mg (22.21%), Sodium: 1087.91mg (47.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.18g (56.36%), Phosphorus: 390.37mg (39.04%), Vitamin B3: 7.5mg (37.52%), Selenium: 24.31µg (34.72%), Vitamin B6: 0.53mg (26.55%), Vitamin E: 3.42mg (22.77%), Magnesium: 88.91mg (22.23%), Vitamin C: 17.71mg (21.46%), Calcium: 194.83mg (19.48%), Fiber: 4.82g (19.26%), Zinc: 2.79mg (18.61%), Potassium: 563.24mg (16.09%), Vitamin B5: 1.53mg (15.32%), Vitamin K: 15.86µg (15.11%), Vitamin B2: 0.24mg (14.29%), Iron: 2.32mg (12.87%), Folate: 48.43µg (12.11%), Vitamin B1: 0.17mg (11.61%), Vitamin A: 541.17IU (10.82%), Copper: 0.2mg (9.84%), Manganese: 0.15mg (7.53%), Vitamin B12: 0.35µg (5.88%)