



Nacho Chicken Casserole

 Gluten Free

READY IN



85 min.

SERVINGS



5

CALORIES



560 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups roasted chicken diced cooked
- 0.5 cup rice white instant uncooked
- 14.5 oz tomatoes diced drained canned
- 10.8 oz cream of chicken soup canned
- 11 oz corn whole with red and green peppers, undrained canned
- 4 oz chilis green undrained chopped canned
- 6.3 oz taco seasoning
- 6 oz cheddar cheese shredded

1 cup tortilla chips

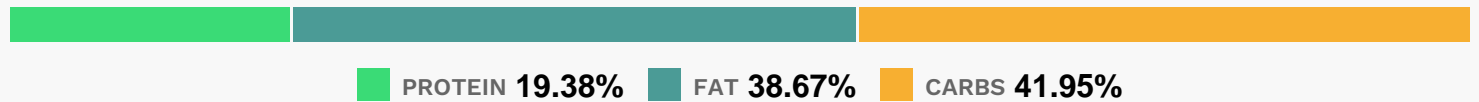
Equipment

oven

Directions

- Heat oven to 350°F. Spray 2-quart casserole with cooking spray. In casserole, stir chicken, rice, tomatoes, soup, corn, chiles, taco seasoning mix and 1 cup of the cheese until well mixed.
- Cover; bake about 1 hour or until rice is tender and mixture is heated through. Top with tortilla chips; sprinkle with remaining 1/2 cup cheese.
- Bake about 10 minutes longer or until filling is bubbly and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:2.1, Inflammation Score:-10, Nutrition Score:22.828260851943%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 559.93kcal (28%), Fat: 24.7g (38%), Saturated Fat: 9.4g (58.73%), Carbohydrates: 60.27g (20.09%), Net Carbohydrates: 50.99g (18.54%), Sugar: 9.23g (10.26%), Cholesterol: 80.9mg (26.97%), Sodium: 3936.98mg (171.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.85g (55.7%), Vitamin A: 3924.56IU (78.49%), Selenium: 28.92µg (41.32%), Vitamin C: 32.47mg (39.36%), Phosphorus: 387.81mg (38.78%), Fiber: 9.28g (37.1%), Vitamin B3: 6.68mg (33.4%), Iron: 5.9mg (32.77%), Calcium: 316.94mg (31.69%), Vitamin B6: 0.42mg (21.16%), Zinc: 3.03mg (20.18%), Vitamin B2: 0.34mg (20.02%), Folate: 74.48µg (18.62%), Magnesium: 60.72mg (15.18%), Vitamin B1: 0.21mg (14.2%), Potassium: 481.02mg (13.74%), Vitamin E: 1.96mg (13.06%), Vitamin B5: 1.23mg (12.28%), Manganese: 0.24mg (11.87%), Copper: 0.23mg (11.74%), Vitamin K: 10.52µg (10.01%), Vitamin B12: 0.52µg (8.72%), Vitamin D: 0.2µg (1.36%)