



Nacho Chicken Casserole

 Gluten Free

READY IN



85 min.

SERVINGS



5

CALORIES



494 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 oz tomatoes diced drained canned
- 2 cups roasted chicken diced cooked
- 4.5 oz chilis green undrained chopped canned
- 10.8 oz cream of chicken soup canned
- 0.5 cup rice white instant uncooked
- 6 oz cheddar cheese shredded
- 1 teaspoon taco seasoning (from 1-oz package)
- 1 cup tortilla chips

11 oz corn whole with red and green peppers, undrained canned

Equipment

oven

Directions

Heat oven to 350F. 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



PROTEIN 22.49% **FAT 44.86%** **CARBS 32.65%**

Properties

Glycemic Index:14, Glycemic Load:2.1, Inflammation Score:-6, Nutrition Score:17.478695760603%

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: 493.94kcal (24.7%), Fat: 24.71g (38.01%), Saturated Fat: 9.4g (58.73%), Carbohydrates: 40.46g (13.49%), Net Carbohydrates: 37.8g (13.74%), Sugar: 2.59g (2.87%), Cholesterol: 80.9mg (26.97%), Sodium: 1090.8mg (47.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.87g (55.75%), Selenium: 28.93µg (41.33%), Phosphorus: 388.12mg (38.81%), Vitamin B3: 6.7mg (33.48%), Calcium: 317.96mg (31.8%), Vitamin B6: 0.43mg (21.33%), Vitamin C: 17.5mg (21.21%), Zinc: 3.03mg (20.2%), Vitamin B2: 0.34mg (20.07%), Iron: 3.54mg (19.69%), Folate: 76.02µg (19%), Magnesium: 60.83mg (15.21%), Vitamin B1: 0.21mg (14.22%), Potassium: 484.22mg (13.83%), Vitamin E: 1.96mg (13.06%), Vitamin B5: 1.23mg (12.3%), Vitamin A: 605.67IU (12.11%), Manganese: 0.24mg (11.87%), Copper: 0.23mg (11.74%), Fiber: 2.66g (10.66%), Vitamin K: 10.52µg (10.01%), Vitamin B12: 0.52µg (8.72%), Vitamin D: 0.2µg (1.36%)