



Nacho Chicken Casserole

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



561 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup roasted chicken cubed cooked
- 0.8 cup tortilla chips crushed
- 0.7 cup cream of chicken soup undiluted
- 0.5 cup mushrooms fresh sliced
- 0.3 cup cream sour
- 2 tablespoons milk 2%
- 1 tablespoon chilis green chopped
- 0.5 teaspoon jalapeno finely chopped

0.3 cup part-skim mozzarella cheese shredded

0.3 cup cheddar cheese shredded

Equipment

bowl

oven

baking pan

Directions

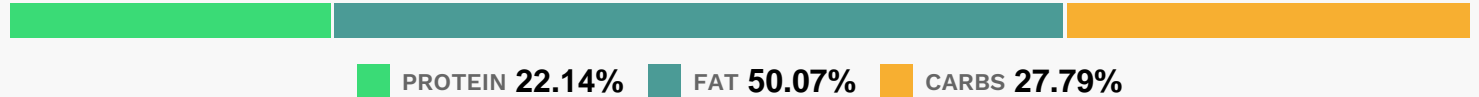
In a large bowl, combine the first 8 ingredients. In a small bowl, combine the cheeses; stir half into the chicken mixture.

Transfer to a 1-qt. baking dish coated with cooking spray.

Sprinkle with remaining cheeses.

Bake, uncovered, at 350° for 25–30 minutes or until cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:2.87, Inflammation Score:-6, Nutrition Score:17.125217432561%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 560.88kcal (28.04%), Fat: 31.43g (48.35%), Saturated Fat: 11.14g (69.62%), Carbohydrates: 39.25g (13.08%), Net Carbohydrates: 36.51g (13.28%), Sugar: 3.26g (3.62%), Cholesterol: 100.47mg (33.49%), Sodium: 1009.64mg (43.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.26g (62.52%), Phosphorus: 444.42mg (44.44%), Selenium: 30.43µg (43.46%), Vitamin B3: 7.2mg (36%), Calcium: 325.82mg (32.58%), Vitamin B2: 0.45mg (26.59%), Vitamin B6: 0.44mg (22.02%), Zinc: 3.11mg (20.72%), Vitamin B5: 1.94mg (19.42%), Magnesium: 68.49mg (17.12%), Vitamin E: 2.26mg (15.08%), Iron: 2.69mg (14.96%), Copper: 0.28mg (14.02%), Vitamin K: 13.71µg (13.06%), Potassium: 447.42mg (12.78%), Vitamin A: 609.08IU (12.18%), Fiber: 2.73g (10.93%), Vitamin B12: 0.62µg (10.28%), Vitamin B1: 0.15mg (10.24%), Folate: 25.52µg (6.38%), Vitamin C: 4.92mg (5.97%), Manganese: 0.09mg (4.48%),

Vitamin D: 0.17µg (1.17%)