



Overnight Chicken Enchilada Bake

 Gluten Free

READY IN



580 min.

SERVINGS



8

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 oz chilis green chopped canned
- 10.8 oz cream of chicken soup canned
- 12 6-inch corn tortillas quartered ()
- 20 oz enchilada sauce canned
- 0.3 cup spring onion sliced
- 2 cups cheddar cheese shredded
- 1 lb chicken breast halves boneless skinless cut into thin bite-sized pieces
- 8 oz cream sour

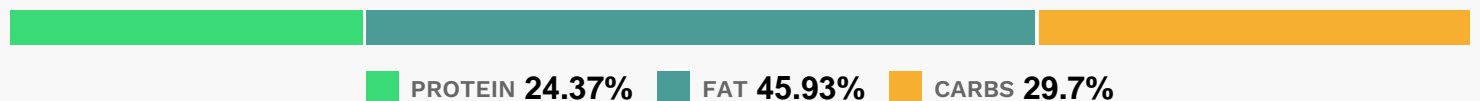
Equipment

- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Spray 13x9-inch (3-quart) glass baking dish and 16x12-inch sheet of foil with nonstick cooking spray.
- Heat large nonstick skillet over medium-high heat until hot.
- Add chicken; cook 3 to 4 minutes or until chicken is no longer pink in center, stirring frequently.
- Remove from heat. Stir in soup, sour cream and chiles.
- Spread 1/4 cup of the enchilada sauce in sprayed baking dish. Arrange half of the tortilla pieces over sauce, overlapping as necessary. Spoon and spread 1 cup enchilada sauce evenly over tortillas.
- Spread half of chicken mixture over sauce. Top with 1 cup of the cheese. Repeat layers, starting with tortilla pieces. Cover tightly with sprayed foil. Refrigerate at least 8 hours or overnight.
- Heat oven to 375F.
- Bake covered 30 minutes. Uncover baking dish; bake an additional 20 to 25 minutes or until sauce is bubbly and cheese begins to brown.
- Let stand 15 minutes before serving.
- Sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:19.06, Glycemic Load:8.95, Inflammation Score:-7, Nutrition Score:15.210869592169%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 388.03kcal (19.4%), Fat: 19.93g (30.66%), Saturated Fat: 9.44g (58.98%), Carbohydrates: 28.99g (9.66%), Net Carbohydrates: 24.98g (9.08%), Sugar: 6.41g (7.12%), Cholesterol: 84.31mg (28.1%), Sodium: 1222.57mg (53.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.8g (47.59%), Selenium: 30.36µg (43.37%), Phosphorus: 407.18mg (40.72%), Vitamin B3: 6.81mg (34.03%), Vitamin B6: 0.56mg (28.11%), Calcium: 276.11mg (27.61%), Vitamin A: 1070.78IU (21.42%), Vitamin B2: 0.28mg (16.42%), Fiber: 4.01g (16.06%), Zinc: 2.11mg (14.05%), Magnesium: 56.07mg (14.02%), Vitamin B5: 1.15mg (11.51%), Potassium: 384.83mg (11%), Iron: 1.84mg (10.23%), Vitamin C: 8.43mg (10.22%), Vitamin K: 9.25µg (8.81%), Manganese: 0.17mg (8.62%), Vitamin B12: 0.47µg (7.87%), Copper: 0.14mg (7.06%), Vitamin B1: 0.1mg (6.34%), Folate: 23.22µg (5.81%), Vitamin E: 0.76mg (5.06%), Vitamin D: 0.23µg (1.51%)