



Quick-and-Easy King Ranch Chicken Casserole

 Gluten Free

READY IN



49 min.

SERVINGS



10

CALORIES



530 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.8 cup chicken broth
- ☐ 1 teaspoon chili powder mexican-style
- ☐ 3 cups coarsely corn tortilla chips white crumbled lime-flavored
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 20 oz tomatoes and chiles diced green drained canned

- ☐ 1 garlic clove pressed
- ☐ 1 medium size bell pepper green chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 3 cups sharp cheddar cheese grated
- ☐ 2 lb skinned shredded

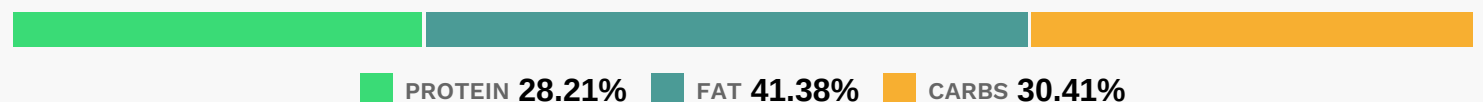
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add onion, and saut 6 to 7 minutes or until tender.
- ☐ Add bell pepper and garlic, and saut 3 to 4 minutes. Stir in chicken broth, cream of mushroom soup, and next 5 ingredients. Cook, stirring occasionally, 8 minutes.
- ☐ Layer half of chicken in a lightly greased 13- x 9-inch baking dish. Top with half of soup mixture and 1 cup Cheddar cheese. Cover with half of corn tortilla chips. Repeat layers once. Top with remaining 1 cup cheese.
- ☐ Bake at 350 for 55 minutes to 1 hour or until bubbly.
- ☐ Let stand 10 minutes before serving.
- ☐ *1 tsp. chili powder and 1/8 tsp. ground red pepper may be substituted for Mexican-style chili powder.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:15.19, Inflammation Score:-7, Nutrition Score:21.369130419648%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 530.4kcal (26.52%), Fat: 24.55g (37.77%), Saturated Fat: 10.83g (67.69%), Carbohydrates: 40.6g (13.53%), Net Carbohydrates: 34.93g (12.7%), Sugar: 3.11g (3.46%), Cholesterol: 112.27mg (37.42%), Sodium: 845.27mg (36.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.66g (75.32%), Phosphorus: 590.67mg (59.07%), Selenium: 37.13µg (53.05%), Vitamin B3: 9.18mg (45.91%), Calcium: 342.47mg (34.25%), Vitamin B6: 0.68mg (33.84%), Zinc: 4.13mg (27.55%), Vitamin B2: 0.41mg (24.36%), Manganese: 0.47mg (23.39%), Magnesium: 93.06mg (23.27%), Fiber: 5.67g (22.68%), Vitamin C: 15.8mg (19.15%), Iron: 3.43mg (19.08%), Copper: 0.33mg (16.6%), Potassium: 577.72mg (16.51%), Vitamin A: 679.94IU (13.6%), Vitamin B5: 1.32mg (13.18%), Vitamin B1: 0.19mg (12.45%), Vitamin B12: 0.68µg (11.32%), Vitamin E: 1.24mg (8.27%), Folate: 26.41µg (6.6%), Vitamin K: 6.3µg (6%), Vitamin D: 0.2µg (1.36%)