



Santa Fe Chicken Casserole

READY IN



40 min.

SERVINGS



40

CALORIES



61 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15.5 oz black beans rinsed canned
- 14.5 oz canned tomatoes diced drained canned
- 0.8 cup four cheese shredded mexican style kraft finely
- 3 cups chicken breasts shredded cooked
- 8 oz philadelphia cream cheese spread
- 3 6-inch flour tortillas ()
- 2 green onions sliced
- 2 Tbsp milk
- 2 Tbsp taco seasoning (half of 1-oz. pkg.)

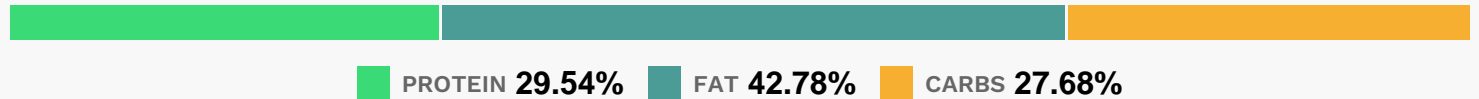
Equipment

- bowl
- oven

Directions

- Heat oven to 375F.
- Mix cream cheese spread, taco seasoning and milk until blended.
- Combine next 4 ingredients in large bowl.
- Add half the cream cheese mixture; mix lightly.
- Spread 1/3 of the chicken mixture onto bottom of 9-inch pie plate; top with 1 tortilla, half the remaining chicken mixture and 1/4 cup shredded cheese. Cover with second tortilla, remaining chicken mixture, 1/4 cup shredded cheese and remaining tortilla. Top with remaining cream cheese mixture and shredded cheese; cover.
- Bake 25 min. or until heated through, uncovering for the last 5 min.

Nutrition Facts



Properties

Glycemic Index:4.22, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:2.6917391374059%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 61.3kcal (3.07%), Fat: 2.91g (4.48%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 3.16g (1.15%), Sugar: 0.79g (0.88%), Cholesterol: 13.6mg (4.53%), Sodium: 131.42mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Vitamin B3: 1.13mg (5.63%), Selenium: 3.91µg (5.58%), Phosphorus: 50.63mg (5.06%), Fiber: 1.07g (4.29%), Calcium: 35.02mg (3.5%), Vitamin B6: 0.07mg (3.41%), Iron: 0.57mg (3.18%), Vitamin B2: 0.05mg (3.01%), Manganese: 0.06mg (2.93%), Folate: 11.51µg (2.88%), Vitamin B1: 0.04mg (2.82%), Potassium: 95.22mg (2.72%), Copper: 0.05mg (2.47%), Vitamin A: 121.56IU (2.43%), Magnesium: 9.38mg (2.35%), Zinc: 0.34mg (2.28%), Vitamin K: 2µg (1.91%), Vitamin C: 1.41mg (1.71%), Vitamin B5: 0.17mg (1.67%)