



## Santa Fe Chicken Casserole

READY IN



40 min.

SERVINGS



6

CALORIES



332 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 15 ounce black beans rinsed canned
- 14.5 ounce canned tomatoes diced drained canned
- 0.8 cup cheese shredded mexican style divided kraft finely
- 3 cups chicken shredded cooked
- 10 ounce creme de cassis divided
- 3 6-inch flour tortilla ()
- 2 spring onion sliced

### Equipment

bowl

oven

## Directions

Heat oven to 375 degrees F.

Combine first 4 ingredients in large bowl.

Add 3/4 cup cooking creme; mix lightly.

Spoon 1/3 of the chicken mixture into 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 cooking creme and shredded cheese; cover.

Bake 20 min. or until heated through; uncover.

Bake 5 min. or until cheese is melted.

## Nutrition Facts

  
■ PROTEIN 32.96% ■ FAT 29.8% ■ CARBS 37.24%

## Properties

Glycemic Index:21.83, Glycemic Load:3.9, Inflammation Score:-6, Nutrition Score:17.039999881516%

## Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 332.23kcal (16.61%), Fat: 11.05g (17%), Saturated Fat: 4.5g (28.12%), Carbohydrates: 31.06g (10.35%), Net Carbohydrates: 24.24g (8.82%), Sugar: 9.99g (11.11%), Cholesterol: 66.63mg (22.21%), Sodium: 624.18mg (27.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.5g (55%), Vitamin B3: 7.48mg (37.42%), Selenium: 25.92µg (37.03%), Phosphorus: 329.94mg (32.99%), Fiber: 6.82g (27.28%), Vitamin B6: 0.45mg (22.49%), Iron: 3.73mg (20.75%), Manganese: 0.39mg (19.52%), Vitamin B2: 0.33mg (19.49%), Folate: 75.27µg (18.82%), Vitamin B1: 0.28mg (18.38%), Calcium: 183.51mg (18.35%), Potassium: 620.47mg (17.73%), Copper: 0.33mg (16.44%), Magnesium: 61.59mg (15.4%), Zinc: 2.28mg (15.19%), Vitamin K: 13.33µg (12.7%), Vitamin B5: 1.09mg (10.87%), Vitamin C: 8.97mg (10.87%), Vitamin A: 360.25IU (7.2%), Vitamin E: 0.98mg (6.56%), Vitamin B12: 0.35µg (5.88%)