



Seven Layer Chicken Enchilada Dip

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 1 box enchilada sauce
- 1.8 cups water
- 1 cup milk
- 15 oz black beans rinsed drained canned
- 2 cups rotisserie chicken cut chopped
- 16 oz refried beans traditional canned
- 1 cup cream sour

- 4 oz cheddar cheese shredded
- 0.3 cup jalapeno chopped
- 1 tomatoes diced
- 1 serving tortilla chips

Equipment

- bowl
- frying pan

Directions

- In 10-inch skillet, melt butter over medium heat. Stir in uncooked rice (from Hamburger Helper box). Continue cooking 2 to 3 minutes or until rice starts to brown. Stir in water, milk, seasoning mix (from Hamburger Helper box) and beans.
- Heat to boiling.
- Reduce heat. Cover and simmer 20 minutes, stirring frequently. Stir in chicken; cover and remove from heat.
- Let rest 5 minutes.
- Meanwhile, spread beans on 14-inch serving platter. In small bowl, mix sour cream and topping (from Hamburger Helper box).
- Spread over beans. Top with hamburger mixture, cheese, jalapeño chiles and tomato.
- Serve with tortilla chips.

Nutrition Facts



PROTEIN 29.82% **FAT 47.08%** **CARBS 23.1%**

Properties

Glycemic Index:12.25, Glycemic Load:1.47, Inflammation Score:-4, Nutrition Score:5.7799999869388%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg,

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Nutrients (% of daily need)

Calories: 244.32kcal (12.22%), Fat: 12.78g (19.65%), Saturated Fat: 5.26g (32.89%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 9.77g (3.55%), Sugar: 3.07g (3.41%), Cholesterol: 60.58mg (20.19%), Sodium: 593.95mg (25.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.21g (36.41%), Fiber: 4.34g (17.34%), Calcium: 136.98mg (13.7%), Phosphorus: 123.5mg (12.35%), Vitamin A: 437.1IU (8.74%), Vitamin B2: 0.14mg (8.15%), Folate: 26.34µg (6.59%), Iron: 1.15mg (6.39%), Potassium: 205.81mg (5.88%), Vitamin C: 4.76mg (5.77%), Magnesium: 22.91mg (5.73%), Manganese: 0.1mg (5.05%), Vitamin B1: 0.08mg (5%), Zinc: 0.68mg (4.52%), Vitamin B12: 0.27µg (4.48%), Copper: 0.09mg (4.44%), Selenium: 3.08µg (4.41%), Vitamin B6: 0.07mg (3.3%), Vitamin B5: 0.27mg (2.74%), Vitamin E: 0.38mg (2.56%), Vitamin K: 2.23µg (2.12%), Vitamin B3: 0.37mg (1.87%), Vitamin D: 0.27µg (1.81%)