



Skinny Chicken Tortilla Casserole

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



291 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.5 oz cream of chicken soup fat free 98% canned
- 4 oz chilis green chopped canned
- 8 oz cream fat-free sour
- 0.5 cup skim milk fat-free (skim)
- 2.5 cups chicken shredded cooked
- 8 7-inch corn tortillas yellow (6 or)
- 1 cup bell pepper green chopped
- 1 cup tomatoes chopped

6 oz cheddar cheese shredded

Equipment

bowl

oven

baking pan

aluminum foil

glass baking pan

Directions

Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In large bowl, mix soup, chiles, sour cream and milk until blended. Stir in chicken, tortillas and bell pepper. Stir in tomato and 1 cup of the cheese. Spoon and spread mixture in baking dish.

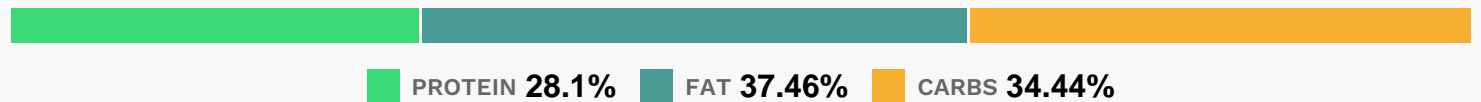
Cover with foil.

Bake 40 minutes. Uncover; sprinkle with remaining 1/2 cup cheese.

Bake uncovered 5 to 10 minutes longer or until cheese is melted and mixture is bubbly.

Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:21.84, Glycemic Load:8.02, Inflammation Score:-6, Nutrition Score:12.701739088349%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 290.85kcal (14.54%), Fat: 12.17g (18.72%), Saturated Fat: 5.21g (32.59%), Carbohydrates: 25.17g (8.39%), Net Carbohydrates: 22.31g (8.11%), Sugar: 2.57g (2.86%), Cholesterol: 59mg (19.67%), Sodium: 541.94mg (23.56%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.54g (41.07%), Phosphorus: 345.35mg (34.54%), Vitamin C: 22.41mg (27.16%), Selenium: 18.52µg (26.46%), Calcium: 241.78mg (24.18%), Vitamin B3: 4.44mg (22.2%), Vitamin B6: 0.35mg (17.64%), Vitamin B2: 0.25mg (14.48%), Zinc: 2.12mg (14.16%), Magnesium: 48.9mg (12.23%), Vitamin A: 571.88IU (11.44%), Fiber: 2.86g (11.44%), Potassium: 352.77mg (10.08%), Iron: 1.76mg (9.76%), Manganese: 0.19mg (9.47%), Vitamin B12: 0.56µg (9.37%), Copper: 0.16mg (7.84%), Vitamin B1: 0.11mg (7.11%), Vitamin B5: 0.69mg (6.87%), Folate: 23.08µg (5.77%), Vitamin K: 4.91µg (4.67%), Vitamin E: 0.52mg (3.44%), Vitamin D: 0.27µg (1.83%)