



Slow-Cooker Green Chile-Chicken Enchilada Casserole

 Gluten Free

READY IN



380 min.

SERVINGS



6

CALORIES



577 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 oz black beans rinsed drained canned
- 9 oz chilis green chopped canned
- 10.8 oz cream of chicken soup canned
- 12 6-inch corn tortillas cut into 3/4-inch strips ()
- 10 oz enchilada sauce green canned
- 2 cups lettuce chopped
- 0.3 cup salad dressing

- 3 cups chicken shredded cooked
- 8 oz cheddar cheese shredded
- 0.5 cup cream sour
- 2 cups tomatoes chopped

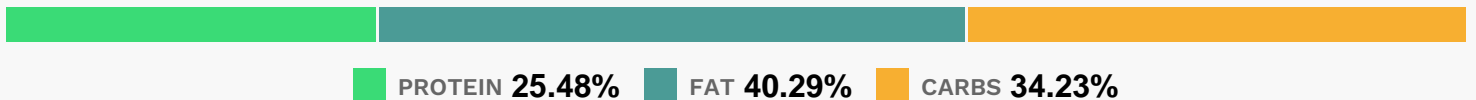
Equipment

- bowl
- slow cooker

Directions

- Spray 3- to 4-quart slow cooker with cooking spray. In cooker, spread 1 can of the green chiles. In medium bowl, mix remaining can of green chiles, the soup, enchilada sauce and mayonnaise.
- Arrange 1/3 of the tortilla strips over chiles in cooker. Top with 1 cup of the chicken, 1/2 cup of the beans, 1/2 cup of the cheese and 1 cup of the enchilada sauce mixture, spreading to edges of cooker to completely cover tortilla strips. Repeat layers twice, reserving last 1/2 cup of cheese.
- Cover; cook on Low heat setting 6 to 7 hours.
- Top with remaining 1/2 cup cheese. Cover; cook about 5 minutes longer or until cheese is melted.
- Serve with tomatoes, lettuce and sour cream.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:12.27, Inflammation Score:-8, Nutrition Score:24.396087014157%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg,

Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 577.37kcal (28.87%), Fat: 26.06g (40.1%), Saturated Fat: 11.1g (69.36%), Carbohydrates: 49.84g (16.61%), Net Carbohydrates: 39.26g (14.28%), Sugar: 7.84g (8.71%), Cholesterol: 103.78mg (34.59%), Sodium: 1620.59mg (70.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.09g (74.19%), Phosphorus: 592.96mg (59.3%), Fiber: 10.58g (42.31%), Selenium: 29µg (41.44%), Vitamin B3: 7.6mg (38%), Calcium: 376.76mg (37.68%), Vitamin C: 25.14mg (30.47%), Vitamin B6: 0.58mg (28.89%), Vitamin A: 1399.99IU (28%), Iron: 4.72mg (26.19%), Vitamin B2: 0.43mg (25.04%), Magnesium: 99.68mg (24.92%), Zinc: 3.64mg (24.28%), Manganese: 0.48mg (24.06%), Folate: 93.79µg (23.45%), Potassium: 764.12mg (21.83%), Copper: 0.37mg (18.56%), Vitamin K: 18.51µg (17.62%), Vitamin B1: 0.25mg (16.34%), Vitamin B5: 1.23mg (12.25%), Vitamin B12: 0.71µg (11.8%), Vitamin E: 1.11mg (7.42%), Vitamin D: 0.19µg (1.26%)