



Southwest Chicken Torte

READY IN



110 min.

SERVINGS



8

CALORIES



543 kcal

Ingredients

- 1.5 cups flour all-purpose
- 0.3 teaspoon salt
- 0.8 cup butter firm cut into small pieces
- 4 tablespoons water cold
- 9 oz chicken tenderloins frozen thawed cooked cut into bite-size pieces
- 2.3 oz olives ripe drained sliced canned
- 0.5 cup bell pepper red finely chopped
- 0.3 cup spring onion sliced
- 8 oz cheddar cheese shredded
- 0.5 cup flour all-purpose

- 6.3 oz taco seasoning
- 0.3 teaspoon salt
- 0.8 cup cream sour
- 0.5 cup milk
- 2 eggs
- 1 teaspoon double-acting baking powder
- 10 oz enchilada sauce red canned
- 1 serving cilantro leaves fresh chopped

Equipment

- bowl
- oven
- whisk
- hand mixer
- glass baking pan

Directions

- Heat oven to 350°F. In large bowl, beat 1 1/4 cups flour, 1/4 teaspoon salt and the butter with electric mixer on medium speed until butter is broken into pea-size pieces. With fork, stir in cold water until dough forms. Press in bottom of ungreased 11x7-inch (2-quart) glass baking dish.
- Bake 25 to 30 minutes or until light golden brown.
- Top baked pastry with chicken, olives, bell pepper, onions and cheese.
- In large bowl, beat 1/2 cup flour, the taco seasoning mix, baking powder, 1/4 teaspoon salt, the sour cream, milk and eggs with wire whisk until smooth.
- Pour over filling ingredients in dish.
- Bake uncovered 45 to 50 minutes or until top is puffed and edges are deep golden brown. Cool 10 minutes before cutting.
- Serve with enchilada sauce and cilantro.

Nutrition Facts

PROTEIN 14.55% FAT 54.31% CARBS 31.14%

Properties

Glycemic Index:47, Glycemic Load:17.81, Inflammation Score:-10, Nutrition Score:19.313043749851%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 543.25kcal (27.16%), Fat: 33.31g (51.25%), Saturated Fat: 11.58g (72.35%), Carbohydrates: 42.98g (14.33%), Net Carbohydrates: 36.83g (13.39%), Sugar: 8.97g (9.96%), Cholesterol: 102.82mg (34.27%), Sodium: 2856.61mg (124.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.09g (40.18%), Vitamin A: 3845.04IU (76.9%), Selenium: 29.62µg (42.31%), Phosphorus: 298.22mg (29.82%), Vitamin C: 23.81mg (28.86%), Calcium: 282.94mg (28.29%), Vitamin B3: 5.38mg (26.9%), Fiber: 6.15g (24.61%), Vitamin B2: 0.4mg (23.7%), Iron: 3.83mg (21.29%), Vitamin B1: 0.3mg (20%), Folate: 75.36µg (18.84%), Vitamin B6: 0.34mg (17.01%), Manganese: 0.25mg (12.31%), Vitamin B12: 0.66µg (10.99%), Zinc: 1.57mg (10.48%), Vitamin B5: 1.01mg (10.12%), Vitamin E: 1.48mg (9.89%), Potassium: 281.3mg (8.04%), Vitamin K: 8.34µg (7.95%), Magnesium: 31.04mg (7.76%), Copper: 0.09mg (4.39%), Vitamin D: 0.56µg (3.74%)