



Southwest Chicken Torte

READY IN



110 min.

SERVINGS



8

CALORIES



502 kcal

Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 cup butter firm cut into small pieces
- 9 oz chicken breast frozen thawed cooked cut into bite-size pieces
- 2 eggs
- 10 oz enchilada sauce canned
- 0.5 cup flour all-purpose
- 1.5 cups flour all-purpose
- 8 servings cilantro leaves fresh chopped
- 0.3 cup spring onion sliced
- 0.5 cup milk

- 2.3 oz olives ripe drained sliced canned
- 0.5 cup bell pepper red finely chopped
- 0.3 teaspoon salt
- 8 oz cheddar cheese shredded
- 0.8 cup cream sour
- 1 tablespoon taco seasoning (from 1-oz package)
- 4 tablespoons water cold

Equipment

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

Directions

- Heat oven to 350F. 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 15.98% ■ FAT 59.61% ■ CARBS 24.41%

Properties

Glycemic Index:47, Glycemic Load:17.81, Inflammation Score:-8, Nutrition Score:15.965652123741%

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: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 502.22kcal (25.11%), Fat: 33.31g (51.25%), Saturated Fat: 11.58g (72.35%), Carbohydrates: 30.69g (10.23%), Net Carbohydrates: 28.64g (10.42%), Sugar: 4.87g (5.41%), Cholesterol: 102.82mg (34.27%), Sodium: 1022.28mg (44.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.09g (40.18%), Selenium: 29.62µg (42.31%), Vitamin A: 1802.55IU (36.05%), Phosphorus: 298.26mg (29.83%), Calcium: 282.95mg (28.3%), Vitamin B3: 5.38mg (26.9%), Vitamin B2: 0.4mg (23.7%), Vitamin B1: 0.3mg (20.01%), Folate: 75.41µg (18.85%), Vitamin B6: 0.34mg (17.02%), Vitamin C: 14mg (16.97%), Iron: 2.36mg (13.11%), Manganese: 0.25mg (12.32%), Vitamin B12: 0.66µg (10.99%), Zinc: 1.57mg (10.49%), Vitamin B5: 1.01mg (10.12%), Vitamin E: 1.49mg (9.9%), Vitamin K: 8.62µg (8.2%), Fiber: 2.05g (8.19%), Potassium: 281.74mg (8.05%), Magnesium: 31.06mg (7.76%), Copper: 0.09mg (4.4%), Vitamin D: 0.56µg (3.74%)