



Speedy Layered Chicken Enchilada Pie

READY IN



70 min.

SERVINGS



6

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 oz flour tortilla for burritos (8 count)
- 2 cups roasted chicken cubed cooked
- 0.5 cup rice instant uncooked
- 8 oz monterrey jack cheese shredded reduced-fat
- 15 oz black beans rinsed drained canned
- 10 oz enchilada sauce red hot canned
- 1 cup corn syrup white frozen thawed drained (from 9-oz box)
- 1 cup salsa thick
- 2 tablespoons spring onion thinly sliced

- 1 serving cream sour reduced-fat
- 1 serving spring onion chopped

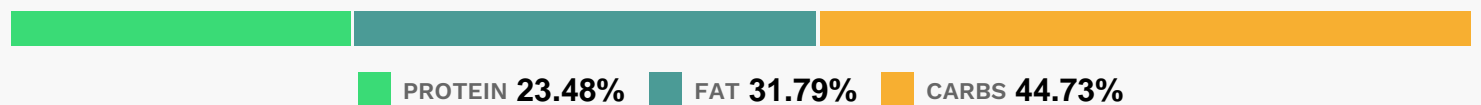
Equipment

- bowl
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 350°F. Spray 9-inch round (2-quart) glass baking dish or casserole with cooking spray.
- Cut 5 of the tortillas in half.
- Cut remaining tortillas into 2 1/2-inchwide strips.
- In large bowl, mix chicken, rice, 1 cup of the cheese, the beans and 1 cup of the enchilada sauce.
- Layer 4 tortilla halves in bottom of baking dish. Top with 1/4 cup enchilada sauce and half of the chicken mixture. Top with 2 tortilla halves; fill in empty spaces with 3 tortilla strips. Spoon corn over tortillas.
- Spread salsa over corn.
- Layer with 2 tortilla halves and 3 strips. Top with remaining half of chicken mixture. Continue layering with remaining 2 tortilla halves and strips, enchilada sauce, cheese and 2 tablespoons green onions.
- Bake uncovered 35 to 45 minutes or until mixture is thoroughly heated and cheese is melted. Cool 5 minutes. Top with sour cream and chopped green onions.

Nutrition Facts



Properties

Glycemic Index:31.03, Glycemic Load:15.64, Inflammation Score:-7, Nutrition Score:22.52521734134%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 561.49kcal (28.07%), Fat: 19.88g (30.59%), Saturated Fat: 9.99g (62.42%), Carbohydrates: 62.93g (20.98%), Net Carbohydrates: 53.66g (19.51%), Sugar: 9g (10%), Cholesterol: 70.04mg (23.35%), Sodium: 1615.74mg (70.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.03g (66.06%), Phosphorus: 500.2mg (50.02%), Selenium: 32.54µg (46.48%), Calcium: 413.03mg (41.3%), Vitamin B3: 7.63mg (38.14%), Fiber: 9.26g (37.06%), Manganese: 0.71mg (35.52%), Vitamin B1: 0.45mg (29.84%), Vitamin B2: 0.49mg (28.82%), Folate: 111.69µg (27.92%), Iron: 4.85mg (26.93%), Vitamin B6: 0.43mg (21.38%), Zinc: 2.93mg (19.51%), Magnesium: 75.56mg (18.89%), Potassium: 631.71mg (18.05%), Vitamin A: 879.34IU (17.59%), Copper: 0.31mg (15.43%), Vitamin K: 12.86µg (12.24%), Vitamin B5: 1.19mg (11.87%), Vitamin B12: 0.47µg (7.76%), Vitamin C: 5.87mg (7.12%), Vitamin E: 0.7mg (4.64%), Vitamin D: 0.23µg (1.57%)