



Speedy Layered Chicken Enchilada Pie

READY IN



70 min.

SERVINGS



6

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans rinsed drained canned
- 2 cups roasted chicken cubed cooked
- 19 oz enchilada sauce hot canned
- 11 oz flour tortilla for burritos (8 tortillas;
- 2 tablespoons spring onion thinly sliced
- 6 servings spring onion chopped
- 0.5 cup rice instant uncooked
- 6 servings cream sour reduced-fat
- 8 oz monterrey jack cheese shredded reduced-fat

- 1 cup salsa thick
- 1 cup corn syrup white frozen thawed drained (from 9-oz box)

Equipment

- bowl
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 350F. 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



PROTEIN 22.67% **FAT 32.51%** **CARBS 44.82%**

Properties

Glycemic Index:31.03, Glycemic Load:15.72, Inflammation Score:-8, Nutrition Score:24.343043270318%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 607.3kcal (30.37%), Fat: 22.01g (33.86%), Saturated Fat: 11.31g (70.68%), Carbohydrates: 68.26g (22.75%), Net Carbohydrates: 58.14g (21.14%), Sugar: 12g (13.33%), Cholesterol: 77.04mg (25.68%), Sodium: 2001.82mg (87.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.53g (69.07%), Phosphorus: 516.25mg (51.62%), Selenium: 33.19µg (47.41%), Calcium: 444.83mg (44.48%), Fiber: 10.12g (40.47%), Vitamin B3: 7.67mg (38.34%), Manganese: 0.72mg (35.92%), Vitamin B1: 0.46mg (30.55%), Vitamin B2: 0.52mg (30.46%), Folate: 117.09µg (29.27%), Iron: 5.19mg (28.84%), Vitamin A: 1278.43IU (25.57%), Vitamin K: 23.31µg (22.2%), Vitamin B6: 0.43mg (21.73%), Zinc: 3.05mg (20.31%), Potassium: 687.91mg (19.65%), Magnesium: 78.56mg (19.64%), Copper: 0.32mg (15.8%), Vitamin B5: 1.19mg (11.91%), Vitamin C: 7.84mg (9.51%), Vitamin B12: 0.55µg (9.16%), Vitamin E: 0.78mg (5.22%), Vitamin D: 0.27µg (1.83%)