



Spicy Southwest Chicken Casserole

READY IN



70 min.

SERVINGS



10

CALORIES



282 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce black beans drained canned
- ☐ 4 ounce chiles green chopped canned
- ☐ 14.5 ounce canned tomatoes diced with green chile peppers canned
- ☐ 10.8 ounce condensed nacho cheese soup fiesta-style canned
- ☐ 2 tablespoons chili powder
- ☐ 4 8-inch flour tortillas ()
- ☐ 1 tablespoon ground cumin
- ☐ 1 large onion chopped
- ☐ 0.8 cup picante sauce

- ☐ 1 bell pepper red chopped
- ☐ 1 cup mexican cheese blend shredded
- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 0.5 cup water or as needed
- ☐ 14 ounce kernel corn whole drained canned

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Bring chicken breasts and water to a boil in a large skillet; cook over medium heat until chicken juices run clear and meat is no longer pink inside, about 10 minutes.
- ☐ Transfer chicken breasts to a large plate, reserving pan juices in skillet, and shred chicken with 2 forks.
- ☐ Cook onion and red bell pepper in reserved drippings over medium heat until onion is translucent, 5 to 8 minutes. Return shredded chicken to skillet. Stir black beans, corn, picante sauce, chopped green chiles, chili powder, and cumin into chicken mixture until thoroughly combined. Bring mixture to a simmer and cook until heated through, about 5 minutes.
- ☐ Pour chicken mixture into prepared baking dish.
- ☐ Arrange flour tortillas in a single layer over chicken mixture. Stir fiesta soup with diced tomatoes and green chiles in a bowl until thoroughly combined; spread soup mixture over tortillas. Top casserole with Mexican cheese blend.
- ☐ Bake in the preheated oven until cheese topping has melted and casserole is hot, about 30 minutes. Cool 5 minutes before serving.

Nutrition Facts



 PROTEIN **26.64%**  FAT **26.74%**  CARBS **46.62%**

Properties

Glycemic Index:9.8, Glycemic Load:3.65, Inflammation Score:-8, Nutrition Score:16.288260820119%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 281.97kcal (14.1%), Fat: 8.4g (12.92%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 26.03g (9.46%), Sugar: 4.76g (5.29%), Cholesterol: 40.89mg (13.63%), Sodium: 997.16mg (43.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.82g (37.64%), Vitamin B3: 6.86mg (34.28%), Vitamin C: 27.95mg (33.88%), Selenium: 21.95µg (31.36%), Fiber: 6.92g (27.67%), Phosphorus: 271.26mg (27.13%), Vitamin B6: 0.52mg (25.93%), Vitamin A: 1174.73IU (23.49%), Potassium: 669.67mg (19.13%), Folate: 75.63µg (18.91%), Manganese: 0.33mg (16.66%), Iron: 2.86mg (15.89%), Calcium: 156.34mg (15.63%), Vitamin B1: 0.23mg (15.25%), Vitamin B2: 0.24mg (13.9%), Magnesium: 49.34mg (12.33%), Vitamin B5: 0.91mg (9.05%), Copper: 0.17mg (8.69%), Zinc: 1.25mg (8.35%), Vitamin E: 1.17mg (7.82%), Vitamin K: 5.03µg (4.79%), Vitamin B12: 0.23µg (3.81%)