



Tex Mex Creamy Chicken Casserole

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 oz canned tomatoes diced with green chilies* canned
- 6 corn tortillas cut in half
- 14.8 oz corn canned
- 0.3 cup spread melted country crock®
- 3 tablespoons cilantro leaves fresh chopped
- 1 cup cheddar cheese shredded low fat divided
- 2 cups meat from a rotisserie chicken shredded cooked

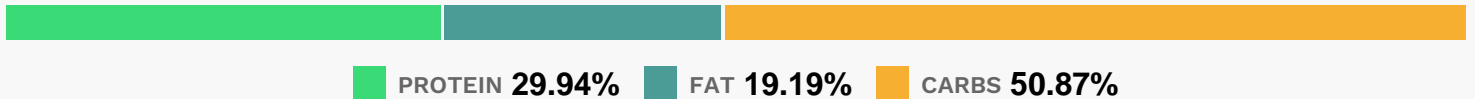
Equipment

- bowl
- oven
- knife
- baking pan
- aluminum foil

Directions

- Preheat oven to 375 and spray 11 x 7 inch baking pan with no-stick spray.
- Combine melted Country Crock
- Spread, chicken, corn, tomatoes, 1/2 cup cheese and cilantro in large bowl.
- Layer 6 tortilla halves in baking pan and top with half of chicken mixture. Repeat layer with remaining tortillas and chicken mixture. Top with remaining cheese.
- Cover with foil and bake 20 minutes. Uncover and cook an additional 10 minutes or until tortillas are tender when pierced with a knife.
- *Such as Ro*Tel brand

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:8.51, Inflammation Score:-4, Nutrition Score:10.456521661385%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 251.4kcal (12.57%), Fat: 5.51g (8.48%), Saturated Fat: 1.84g (11.47%), Carbohydrates: 32.9g (10.97%), Net Carbohydrates: 29.84g (10.85%), Sugar: 8.23g (9.15%), Cholesterol: 38.96mg (12.99%), Sodium: 351.66mg (15.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.36g (38.72%), Phosphorus: 308.78mg (30.88%), Vitamin B3: 5.09mg (25.44%), Selenium: 16.31µg (23.3%), Vitamin B6: 0.36mg (17.76%), Calcium: 123.56mg (12.36%), Magnesium: 49mg (12.25%), Zinc: 1.83mg (12.23%), Fiber: 3.06g (12.22%), Vitamin B2: 0.2mg (11.62%), Potassium: 358.1mg (10.23%), Folate: 40.6µg (10.15%), Vitamin C: 8.13mg (9.85%), Iron: 1.74mg (9.64%), Manganese: 0.18mg (9.11%), Copper: 0.15mg (7.46%), Vitamin B5: 0.7mg (7.01%), Vitamin B1: 0.1mg (6.35%), Vitamin B12: 0.23µg (3.79%), Vitamin A: 178.99IU (3.58%), Vitamin E: 0.47mg (3.14%), Vitamin K: 2.1µg (2%)