



Tortilla Chicken Casserole

READY IN



80 min.

SERVINGS



8

CALORIES



532 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons vegetable oil
- ☐ 1.5 cups bell pepper red finely chopped
- ☐ 1.5 cups onion finely chopped
- ☐ 2 tablespoons garlic finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 2.5 teaspoons ground cumin
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups chicken broth (from 32-oz carton)
- ☐ 8 oz cream sour

- ☐ 5 cups roasted chicken cooked chopped
- ☐ 12 6-inch corn tortillas soft ()
- ☐ 12 oz monterrey jack cheese shredded

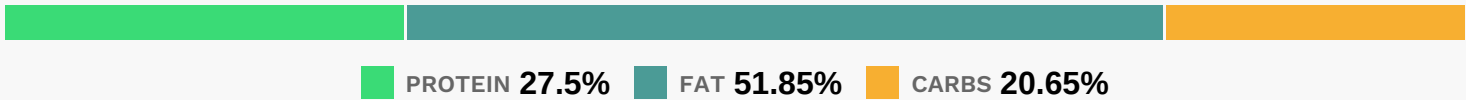
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. Lightly spray 3-quart casserole with cooking spray.
- ☐ In 12-inch nonstick skillet, heat oil over medium heat.
- ☐ Add bell pepper, onion, garlic and salt; cook 5 minutes, stirring occasionally, until vegetables are soft. Stir in cumin; cook 1 minute. Stir in flour; cook 3 minutes. Reduce heat to low.
- ☐ Add broth and sour cream; cook 5 minutes, stirring frequently.
- ☐ Add chicken; stir to blend.
- ☐ Remove from heat.
- ☐ Place tortillas between damp microwavable paper towels. Microwave in batches on High 30 seconds to soften. Arrange 4 tortillas in casserole. Top with one-third of the chicken mixture (about 2 cups); sprinkle with 1 cup of the cheese. Repeat layers twice.
- ☐ Bake uncovered 35 to 45 minutes or until bubbly and browned.

Nutrition Facts



Properties

Glycemic Index:30.81, Glycemic Load:10.94, Inflammation Score:-8, Nutrition Score:21.42608676786%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

Nutrients (% of daily need)

Calories: 532.43kcal (26.62%), Fat: 30.79g (47.37%), Saturated Fat: 13.58g (84.85%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 23.83g (8.67%), Sugar: 4.2g (4.67%), Cholesterol: 121.08mg (40.36%), Sodium: 659.71mg (28.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.75g (73.5%), Phosphorus: 528.94mg (52.89%), Selenium: 33.11µg (47.31%), Vitamin C: 38.91mg (47.16%), Vitamin B3: 8.22mg (41.12%), Calcium: 408.69mg (40.87%), Vitamin B6: 0.64mg (31.8%), Vitamin A: 1424.61IU (28.49%), Vitamin B2: 0.45mg (26.4%), Zinc: 3.44mg (22.95%), Magnesium: 71.22mg (17.8%), Manganese: 0.32mg (16.07%), Fiber: 3.77g (15.07%), Iron: 2.71mg (15.06%), Potassium: 476.88mg (13.63%), Vitamin B5: 1.24mg (12.36%), Vitamin B1: 0.18mg (11.98%), Vitamin K: 12.44µg (11.84%), Vitamin B12: 0.68µg (11.25%), Folate: 41.5µg (10.38%), Copper: 0.17mg (8.44%), Vitamin E: 1.23mg (8.23%), Vitamin D: 0.26µg (1.7%)