



## Tortilla Chip Casserole

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



572 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 10 ounce canned tomatoes diced with green chile peppers canned
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1.3 cups milk
- ☐ 14.5 ounce nacho-flavor tortilla chips
- ☐ 0.5 cup processed cheese shredded
- ☐ 4 chicken breast halves boneless skinless

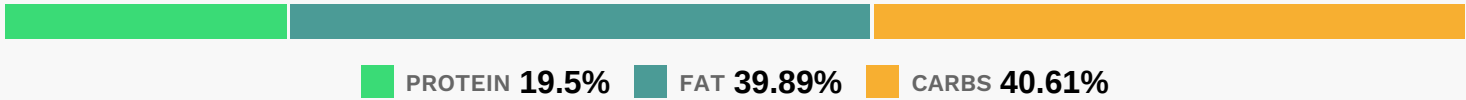
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a large bowl, combine the soups, tomatoes and green chile peppers and milk.
- ☐ Mix well until smooth.
- ☐ Layer a 9x13 inch baking dish with the tortilla chips, then the chicken, and then pour the soup mixture over.
- ☐ Bake at 375 degrees F (190 degrees C) for 20 minutes.
- ☐ Remove from oven, top with the cheese and bake for 10 more minutes, or until cheese is bubbly.

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:2.58, Inflammation Score:-5, Nutrition Score:19.061304341192%

## Nutrients (% of daily need)

Calories: 572.49kcal (28.62%), Fat: 25.62g (39.41%), Saturated Fat: 6.88g (42.97%), Carbohydrates: 58.69g (19.56%), Net Carbohydrates: 53.33g (19.39%), Sugar: 5.09g (5.66%), Cholesterol: 72.58mg (24.19%), Sodium: 1400.4mg (60.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.19g (56.37%), Phosphorus: 468.95mg (46.9%), Vitamin B3: 9.15mg (45.75%), Selenium: 31.41µg (44.87%), Vitamin B6: 0.74mg (37.23%), Calcium: 269.97mg (27%), Vitamin B5: 2.32mg (23.16%), Magnesium: 91.86mg (22.96%), Fiber: 5.36g (21.44%), Vitamin E: 2.95mg (19.7%), Zinc: 2.59mg (17.25%), Potassium: 583.96mg (16.68%), Vitamin K: 17.01µg (16.2%), Vitamin B2: 0.27mg (16.15%), Copper: 0.26mg (12.96%), Vitamin B1: 0.19mg (12.74%), Iron: 2.29mg (12.71%), Vitamin B12: 0.68µg (11.36%), Manganese: 0.2mg (10.25%), Vitamin C: 6.62mg (8.03%), Vitamin A: 309.7IU (6.19%), Vitamin D: 0.7µg (4.7%), Folate: 16.74µg (4.18%)