



VELVEETA Chicken Enchilada Casserole

 **Gluten Free**

READY IN



50 min.

SERVINGS



50

CALORIES



30 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 oz cream of chicken soup canned
- 2 cups meat from a rotisserie chicken cooked chopped
- 6 6-inch corn tortillas cut in half ()
- 8 oz mexican velveeta cut into 1/2-inch cubes
- 0.8 cup taco bell® & chunky salsa thick divided

Equipment

- oven
- baking pan

Directions

- Heat oven to 350F. Reserve 1/4 cup salsa for later use.
- Mix chicken, soup and VELVEETA until well blended; spread 1 cup onto bottom of 8-inch square baking dish.
- Top with layers of 6 tortilla halves and 1/2 each of the remaining remaining salsa and chicken mixture; repeat layers.
- Bake 30 to 35 min. or until heated through.
- Serve topped with reserved salsa.

Nutrition Facts



Properties

Glycemic Index:1.87, Glycemic Load:0.78, Inflammation Score:-1, Nutrition Score:0.96739129948875%

Nutrients (% of daily need)

Calories: 30.46kcal (1.52%), Fat: 1.5g (2.31%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 2.08g (0.76%), Sugar: 0.35g (0.39%), Cholesterol: 7.06mg (2.35%), Sodium: 89.72mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin B3: 0.55mg (2.77%), Selenium: 1.71µg (2.44%), Phosphorus: 23.55mg (2.36%), Vitamin B6: 0.04mg (1.83%), Calcium: 12.34mg (1.23%), Fiber: 0.27g (1.07%), Magnesium: 4.23mg (1.06%), Vitamin A: 51.81IU (1.04%), Iron: 0.18mg (1.01%)