



White Chicken Enchilada Slow-Cooker Casserole

READY IN



270 min.

SERVINGS



10

CALORIES



647 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 servings pepper black to taste
- ☐ 26 ounce cream of chicken soup canned
- ☐ 15 flour tortillas
- ☐ 7 ounce chile peppers diced green canned
- ☐ 3.5 cups monterrey jack cheese shredded
- ☐ 15 chicken thighs boneless skinless
- ☐ 16 ounce cup heavy whipping cream sour

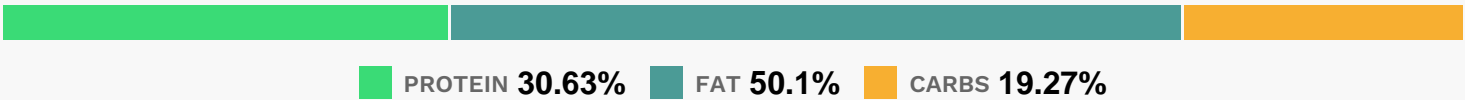
Equipment

- ☐ bowl
- ☐ pot
- ☐ slow cooker

Directions

- ☐ Place chicken in a pot, cover with water, and bring to a boil over high heat. Continue to boil until the chicken is done, about 10 minutes.
- ☐ Drain, allow chicken to cool, and cut into small pieces.
- ☐ Place chicken pieces in a large bowl. Stir in soup, garlic, sour cream, and green chiles.
- ☐ Spray the inside of slow cooker lightly with non-stick cooking spray.
- ☐ Tear tortillas into pieces, and arrange half of the pieces in one overlapping layer across the bottom of the slow cooker. Arrange half of the chicken, half of the soup, and half of the cheese on top. Repeat with remaining tortillas, chicken, soup, and cheese. Top with black olives.
- ☐ Cook on Low setting for 3 to 4 hours. Top with chives.

Nutrition Facts



Properties

Glycemic Index:13.6, Glycemic Load:9.38, Inflammation Score:-7, Nutrition Score:26.029130422551%

Nutrients (% of daily need)

Calories: 647.49kcal (32.37%), Fat: 35.66g (54.85%), Saturated Fat: 16.45g (102.83%), Carbohydrates: 30.85g (10.28%), Net Carbohydrates: 28.92g (10.51%), Sugar: 3.81g (4.24%), Cholesterol: 228.88mg (76.29%), Sodium: 1329.66mg (57.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.04g (98.08%), Selenium: 57.22µg (81.74%), Phosphorus: 644.93mg (64.49%), Vitamin B3: 11.95mg (59.75%), Calcium: 439.72mg (43.97%), Vitamin B6: 0.85mg (42.74%), Vitamin B2: 0.7mg (41.02%), Zinc: 4.38mg (29.23%), Vitamin B1: 0.41mg (27.04%), Vitamin B12: 1.51µg (25.14%), Vitamin B5: 2.5mg (25.03%), Iron: 4.36mg (24.23%), Folate: 71.13µg (17.78%), Potassium: 620.13mg (17.72%), Magnesium: 68.01mg (17%), Manganese: 0.32mg (16.08%), Vitamin A: 787.11IU (15.74%), Copper: 0.26mg (12.91%), Vitamin K: 13.01µg (12.39%), Vitamin C: 7.27mg (8.81%), Fiber: 1.94g (7.75%), Vitamin E: 0.98mg

(6.53%), Vitamin D: 0.24µg (1.58%)