

# Chicken Taco Casserole

*dashrecipes.com*

*Dash Magazine - Jan/Feb 2014*

## Servings: 8

*4 cups cooked chicken, shredded*  
*2 cans (10-3/4 ounce ea) Campbell's*  
*Condensed Cream of Chicken soup*  
*1 cup light sour cream*  
*1 can (10 ounce) diced tomatoes and*  
*green chiles, undrained*  
*1 can (15 ounce) black beans, rinsed*  
*and drained*  
*1 envelope (1 ounce) reduced-sodium*  
*taco seasoning mix*  
*5 cups coarsely crushed tortilla chips*  
*2 cups (8 ounces) Cheddar cheese,*  
*shredded*  
*chopped tomato, sliced green onion*  
*and chopped fresh cilantro leaves*  
*(optional)*

## Preparation Time: 15 minutes

Preheat the oven to 350 degrees.

Lightly grease a 13x9x2-inch baking dish.

In a large bowl, stir the chicken, soup, sour cream, tomatoes and green chiles, beans and seasoning mix.

Layer half of the chicken mixture, three cups of tortilla chips and half of the cheese in the baking dish. Layer with the remaining chicken mixture and tortilla chips. Cover the baking dish.

Bake for 30 minutes. Uncover the baking dish. Sprinkle with the remaining cheese.

Bake, uncovered, for 10 minutes until hot and bubbling and the cheese is melted.

Sprinkle with the chopped tomato, green onion and cilantro before serving, if desired.

Start to Finish Time: 40 minutes

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Per Serving (excluding unknown items): 329 Calories; 13g Fat (37.1% calories from fat); 35g Protein; 17g Carbohydrate; 4g Dietary Fiber; 92mg Cholesterol; 259mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Lean Meat; 1 1/2 Fat; 0 Other Carbohydrates.

Chicken

## Per Serving Nutritional Analysis

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Calories (kcal):	329	Vitamin B6 (mg):	.5mg
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% Calories from Fat:	37.1%
% Calories from Carbohydrates:	20.7%
% Calories from Protein:	42.2%
Total Fat (g):	13g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	92mg
Carbohydrate (g):	17g
Dietary Fiber (g):	4g
Protein (g):	35g
Sodium (mg):	259mg
Potassium (mg):	560mg
Calcium (mg):	256mg
Iron (mg):	2mg
Zinc (mg):	3mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	325IU
Vitamin A (r.e.):	97RE

Vitamin B12 (mcg):	.5mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	116mcg
Niacin (mg):	9mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	1
Lean Meat:	4 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 329 Calories from Fat: 122

### % Daily Values\*

<b>Total Fat</b> 13g	21%
Saturated Fat 7g	37%
<b>Cholesterol</b> 92mg	31%
<b>Sodium</b> 259mg	11%
<b>Total Carbohydrates</b> 17g	6%
Dietary Fiber 4g	15%
<b>Protein</b> 35g	
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<b>Vitamin A</b>	6%
<b>Vitamin C</b>	0%
<b>Calcium</b>	26%
<b>Iron</b>	12%

\* Percent Daily Values are based on a 2000 calorie diet.