

King Ranch Chicken

Rhoma Krischke

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

Servings: 8

1 large onion, diced
1 stick butter or margarine
1/2 small can (about 3) jalapeno peppers, diced
1 can cream of chicken soup
1 can (12 ounce) evaporated milk
1 package soft tortillas dipped in broth
2 cups chicken or turkey
1/2 pound sharp cheese, grated

Preheat the oven to 350 degrees.

Saute' the onion in butter. Add the diced chilies and cook for a few minutes. Add the soup and milk.

Line a casserole with tortillas which have been dipped in chicken broth. Layer with four tortillas. Place one-third of the chicken in a layer. Place one third of the soup mixture on top of the chicken. Repeat all of the layers two times. Top with grated cheese.

Bake until the cheese is melted and the casserole is hot, about 20 to 30 minutes.

Serve with a salad, French bread and wine.

This is a casserole that you can make ahead and keep in the refrigerator until ready to use.

Per Serving (excluding unknown items): 164 Calories; 15g Fat (79.8% calories from fat); 3g Protein; 6g Carbohydrate; trace Dietary Fiber; 42mg Cholesterol; 274mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Non-Fat Milk; 3 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	164	Vitamin B6 (mg):	trace
% Calories from Fat:	79.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	13.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	15g	Folacin (mcg):	6mcg
Saturated Fat (g):	9g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	42mg
Carbohydrate (g):	6g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	274mg
Potassium (mg):	134mg
Calcium (mg):	93mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	631IU
Vitamin A (r.e.):	137 1/2RE

Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 164	Calories from Fat: 131
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% Daily Values*

Total Fat 15g	23%
Saturated Fat 9g	44%
Cholesterol 42mg	14%
Sodium 274mg	11%
Total Carbohydrates 6g	2%
Dietary Fiber trace	1%
Protein 3g	
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Vitamin A	13%
Vitamin C	3%
Calcium	9%
Iron	1%

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