

# Mexican Chicken Lasagna

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-chicken-lasagna-tortilla>

## Ingredients:

- 1 pound chicken cooked and shredded {about 4 cups}
- 16 ounces sour cream
- 15 ounces black beans drained and rinsed
- 1 1/2 cups green salsa
- 1 1/2 cups frozen corn thawed and drained {1 can}
- 1 teaspoon garlic powder
- 1/2 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1/3 cup chopped cilantro plus additional for garnishing
- 12 soft taco size flour tortillas
- 8 ounces mexican blend cheese shredded

## Nutrition:

1. Calories: 1170 calories
2. Carbohydrate: 109 grams
3. Cholesterol: 190 milligrams
4. Fat: 57 grams
5. Fiber: 13 grams
6. Protein: 55 grams
7. SaturatedFat: 28 grams
8. Sodium: 3390 milligrams
9. Sugar: 17 grams

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