

King Ranch Casserole

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-mexican-chicken-rotini-recipe>

Ingredients:

- 4 chicken breasts cooked
- 3 tablespoons butter
- 1 diced onion
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- salt
- pepper
- 3 tablespoons flour
- 2 cups chicken stock
- 1 can green chiles
- 1 can rotel
- 1 package corn tortillas
- 2 cups shredded cheese I like the Mexican blend from Trader Joe's

Nutrition:

1. Calories: 820 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 230 milligrams
4. Fat: 38 grams
5. Fiber: 7 grams
6. Protein: 72 grams
7. SaturatedFat: 20 grams
8. Sodium: 1100 milligrams
9. Sugar: 8 grams

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