

# Mexican Chicken Cornbread Casserole

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-cornbread-casserole-recipe-sour-cream>

## Ingredients:

- 3 cups cooked chicken shredded, I use a rotisserie chicken
- 11 ounces corn drained
- 10 ounces diced tomatoes with green chilies Rotel, NOT drained
- 1 packet taco seasoning I use low sodium
- 1 cup sour cream
- 2 cups jack shredded Cheddar, or Cheddar Cheese, divided
- 7 ounces Martha White Cornbread Mix
- 1 egg lightly beaten

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 150 milligrams
4. Fat: 30 grams
5. Fiber: 2 grams
6. Protein: 32 grams
7. SaturatedFat: 15 grams
8. Sodium: 310 milligrams
9. Sugar: 5 grams

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