

# Chicken Enchilada Casserole

Yield: 4 min  
Total Time: 45 min

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

## Ingredients:

- 12 pieces flour tortilla
- 29 ounces enchilada sauce
- 3/4 pound chicken cooked shredded
- 1 teaspoon ground cumin
- 1 1/2 cups Monterey Jack cheese
- 16 ounces refried beans
- 2 cups sour cream

## Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 155 milligrams
4. Fat: 40 grams
5. Fiber: 10 grams
6. Protein: 39 grams
7. SaturatedFat: 23 grams
8. Sodium: 2680 milligrams
9. Sugar: 19 grams

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