

Delicious Mexican Chicken Casserole

Yield: 7 min
Total Time: 60 min

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

Ingredients:

- 8 ounces whole grain rice bag instant, cooked
- 8 ounces Mexican cheese shredded
- shredded cheddar cheese
- 3 chicken breasts
- 14 1/2 ounces rotel
- 14 1/2 ounces black beans drained
- 8 ounces cream cheese softened
- 1/2 cup onion tops green

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 135 milligrams
4. Fat: 25 grams
5. Fiber: 5 grams
6. Protein: 36 grams
7. SaturatedFat: 14 grams
8. Sodium: 830 milligrams
9. Sugar: 4 grams

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