

King Ranch Chicken Casserole

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-light-king-ranch-chicken-recipe>

Ingredients:

- 1 onion diced
- 1 green pepper diced
- 2 tablespoons vegetable oil
- 1 pound chicken boneless, skinless, cooked/shredded
- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- 10 ounces rotel
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- black pepper
- 15 corn tortillas cut into small pieces
- 2 cups shredded cheddar cheese

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 140 milligrams
4. Fat: 39 grams
5. Fiber: 8 grams
6. Protein: 46 grams
7. SaturatedFat: 16 grams
8. Sodium: 1530 milligrams
9. Sugar: 7 grams

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