

# King Ranch Chicken

## with Cheddar Buds®

**Group: Entree**

**Number of Portions: 12**

**Size of Portions: 3"x3"**

### INGREDIENTS

### MEASURE

Buttermist® Food & Pan Spray	
Tomatoes, Diced with Green Chilies	10.5 oz. can
Cream of Chicken Soup, Low Sodium	10.5 oz. can
Chicken Broth, Low Sodium	1/2 Cup
Cheddar Buds®, Dry	2/3 Cup
Hot Tap Water	2 Cups
6" Tortillas, Low Sodium	18
Diced Chicken	24 oz.
Cheddar Cheese, Shredded, Low Fat	4 oz.



### PREPARATIONS

Preheat oven to 350°F. Spray the bottom and sides of a 13"x9" pan with Buttermist.

In a mixing bowl, blend tomatoes, soup and chicken broth until smooth.

In another mixing bowl, whisk together Cheddar Buds and hot tap water. Add to tomato mixture.

Layer ingredients in the following order: chicken, tortilla, tomato mixture. Repeat twice.

Top with shredded cheese.

Bake for one hour, uncovered. Hold at temperature for serving.

### Nutritional Information

Nutrients are based upon 1 Portion Size: 3"x3"

<b>Calories</b>	243 kcal	<b>Cholesterol</b>	61.37 mg	<b>Protein</b>	22.43 g	<b>Calcium</b>	159.65 mg	22.63 % Calories from Total Fat
<b>Total Fat</b>	6.10 g	<b>Sodium</b>	486.31 mg	<b>Vitamin A</b>	49.43 RE	<b>Iron</b>	1.30 mg	7.52 % Calories from Saturated Fat
<b>Saturated Fat</b>	2.03 g	<b>Carbohydrate</b>	26.28 g	<b>Vitamin A</b>	247.17 IU	<b>Water¹</b>	65.73 g	0.00%* Calories from Trans Fat
<b>Trans Fat¹</b>	0.00 g	<b>Dietary Fiber</b>	2.24 g	<b>Vitamin C</b>	1.25 mg	<b>Ash¹</b>	0.53 g	43.32 % Calories from Carbohydrates
								36.97 % Calories from Protein

#### Allergens

Contains milk

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values



HACCP Process: #2 Same Day Service

6-4-15