Chicken (Cooked Chicken)

Tortilla
High Fiber
High Protein

Dinner D3-6

Low SF

Lighter King Ranch Casserole

1 oz Great Value Lightly Salted
Restaurant Style White Corn Tortilla Chips
1/2 cup Dole Pineapple Chunks in 100% Juice

Notes:

Recipe includes Low Sodium Crockpot Chicken Master Mix. Recommend making the chicken mix a couple days ahead.

Servings	*Prep*	*Cook*	*Total*
8	30 min	45 min	1hr15min

Nutritional Information

6/6/2023

	Casserole	*Chips*	*Pineapple*	*Total*
Calories	318	140	60	*518*
Total Fat (g)	13	6	0	*19*
Saturated Fat (g)	**6**	**1**	**0**	***7***
Cholesterol (mg)	**62**	**0**	**0**	***62***
Sodium (mg)	**662**	**55**	**10**	***727***
Carbs (g)	**25**	**19**	**16**	***60***
Fiber	4	2	1	*7*
Sugar	5	0	13	*18*
Protein (g)	24	2	0	*26*

Meal Formula by Food Groups

P	FC	SC	SC	FC	SC	F
Meat	***Starch***	***Vegetable***	***Fruit***	***Dairy***	***Legumes***	***Fat***
3	1		1			1

MM ***4 Carb Count*** ***8 HH Score***

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