

Chicken or Turkey Taco Pie

Mrs. Charles Garvey

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

3 to 4 cups (one 3 pound) chicken or turkey, cooked and diced
1 can (10 ounce) enchilada sauce
1 can (10-3/4 ounce) mushroom soup
1 large onion, chopped
1/2 teaspoon garlic salt
dash pepper
1 package (11 ounce) corn chips
1 cup Cheddar cheese, grated
1 cup chicken broth

Preheat the oven to 350 degrees.

In a bowl, combine the chicken, enchilada sauce, mushroom soup, onion, garlic salt and pepper.

Grease a two-quart baking dish. Line with corn chips, reserving enough to cover as a topping.

Add the chicken mixture making an even layer. Sprinkle with cheese and cover with the reserved corn chips. Pour the chicken broth over all.

Bake for 30 minutes.

Per Serving (excluding unknown items): 1123 Calories; 85g Fat (67.4% calories from fat); 38g Protein; 56g Carbohydrate; 8g Dietary Fiber; 196mg Cholesterol; 3122mg Sodium. Exchanges: 2 Grain(Starch); 4 Lean Meat; 4 Vegetable; 14 1/2 Fat; 0 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	1123
% Calories from Fat:	67.4%
% Calories from Carbohydrates:	19.5%
% Calories from Protein:	13.2%
Total Fat (g):	85g
Saturated Fat (g):	42g
Monounsaturated Fat (g):	24g
Polyunsaturated Fat (g):	14g
Cholesterol (mg):	196mg
Carbohydrate (g):	56g

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	1.1mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.7mg
Folacin (mcg):	70mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 8g
Protein (g): 38g
Sodium (mg): 3122mg
Potassium (mg): 854mg
Calcium (mg): 997mg
Iron (mg): 3mg
Zinc (mg): 5mg
Vitamin C (mg): 103mg
Vitamin A (i.u.): 6496IU
Vitamin A (r.e.): 891RE

Grain (Starch): 2
Lean Meat: 4
Vegetable: 4
Fruit: 0
Non-Fat Milk: 0
Fat: 14 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1123 **Calories from Fat:** 756

% Daily Values*

Total Fat 85g	131%
Saturated Fat 42g	209%
Cholesterol 196mg	65%
Sodium 3122mg	130%
Total Carbohydrates 56g	19%
Dietary Fiber 8g	31%
Protein 38g	
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Vitamin A	130%
Vitamin C	172%
Calcium	100%
Iron	17%

* Percent Daily Values are based on a 2000 calorie diet.