



Applebee's Fiesta Lime Chicken Copycat

 Gluten Free

READY IN



135 min.

SERVINGS



4

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup monterrey jack cheese shredded
- 2 cups corn chips crumbled
- 0.1 teaspoon cumin
- 0.1 teaspoon dill dried
- 0.3 teaspoon parsley dried
- 3 garlic clove minced
- 0.3 teaspoon ground ginger
- 0.3 teaspoon hot sauce

- 0.5 juice of lime
- 1 teaspoon liquid smoke
- 1 tablespoon milk low fat
- 0.3 cup cream sour low fat
- 0.3 cup mayonnaise low fat
- 2 tablespoons salsa
- 0.5 teaspoon salt
- 1 lb chicken breast boneless skinless
- 1 teaspoon blackened seasoning
- 1 teaspoon tequila
- 0.3 cup teriyaki sauce
- 1 cup water

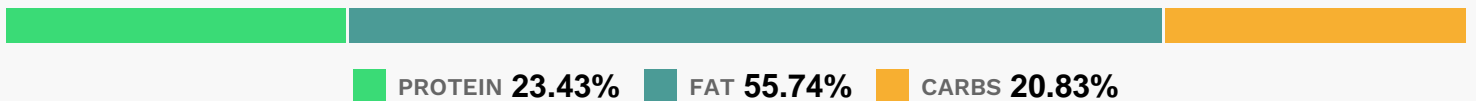
Equipment

- whisk

Directions

- Whisk together the first 8 ingredients, coat chicken in mixture, and marinade for at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:21.106521938158%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg,

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 619.8kcal (30.99%), Fat: 38.28g (58.89%), Saturated Fat: 10.56g (66%), Carbohydrates: 32.19g (10.73%), Net Carbohydrates: 30.16g (10.97%), Sugar: 4.34g (4.82%), Cholesterol: 108.82mg (36.27%), Sodium: 2038.1mg (88.61%), Alcohol: 0.42g (100%), Alcohol %: 0.17% (100%), Protein: 36.2g (72.41%), Selenium: 45.31µg (64.73%), Vitamin B3: 12.67mg (63.36%), Vitamin B6: 1.02mg (51.04%), Phosphorus: 510.22mg (51.02%), Calcium: 319.41mg (31.94%), Vitamin E: 4.08mg (27.23%), Vitamin K: 27.09µg (25.8%), Magnesium: 88.79mg (22.2%), Vitamin B5: 2.04mg (20.44%), Potassium: 637.52mg (18.21%), Vitamin B2: 0.31mg (18.02%), Manganese: 0.31mg (15.31%), Zinc: 2.27mg (15.12%), Iron: 1.76mg (9.78%), Vitamin B12: 0.56µg (9.36%), Vitamin B1: 0.12mg (8.2%), Fiber: 2.02g (8.08%), Vitamin A: 358.52IU (7.17%), Copper: 0.14mg (6.87%), Folate: 18.23µg (4.56%), Vitamin C: 3.69mg (4.47%), Vitamin D: 0.38µg (2.54%)