



Baked Chicken with Salsa and Sour Cream

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup salsa
- 1 cup cheddar cheese shredded
- 4 chicken breast halves boneless skinless
- 1 cup heavy whipping cream sour
- 1 ounce taco seasoning

Equipment

- bowl
- oven

- baking pan
- kitchen thermometer
- ziploc bags

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Put chicken and taco seasoning in a resealable plastic bag. Seal bag and shake to coat chicken in taco seasoning. Arrange seasoned chicken in a baking dish.
- Stir sour cream and salsa together in a bowl; spoon over the chicken breasts.
- Bake in preheated oven for 30 minutes.
- Sprinkle Cheddar cheese over the chicken breasts and continue cooking until no longer pink in the center and the juices run clear, about 10 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:19.314347635145%

Nutrients (% of daily need)

Calories: 390.1kcal (19.51%), Fat: 23.81g (36.63%), Saturated Fat: 11.89g (74.29%), Carbohydrates: 11.72g (3.91%), Net Carbohydrates: 9.22g (3.35%), Sugar: 5.86g (6.51%), Cholesterol: 134.49mg (44.83%), Sodium: 1331.87mg (57.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.91g (65.82%), Selenium: 46.87µg (66.95%), Vitamin B3: 12.58mg (62.91%), Vitamin B6: 1mg (50.19%), Phosphorus: 431.18mg (43.12%), Vitamin A: 1652.06IU (33.04%), Calcium: 281.65mg (28.17%), Vitamin B2: 0.35mg (20.88%), Vitamin B5: 2.05mg (20.51%), Potassium: 679.43mg (19.41%), Zinc: 2.01mg (13.41%), Magnesium: 52.51mg (13.13%), Vitamin B12: 0.65µg (10.77%), Fiber: 2.5g (10.01%), Vitamin E: 1.44mg (9.59%), Vitamin B1: 0.11mg (7.65%), Vitamin C: 6.3mg (7.63%), Iron: 1.25mg (6.97%), Manganese: 0.1mg (4.98%), Copper: 0.09mg (4.62%), Vitamin K: 4.5µg (4.28%), Folate: 16.5µg (4.13%), Vitamin D: 0.28µg (1.88%)