



Big-Batch Salsa Chicken Fiesta

 Gluten Free

READY IN



20 min.

SERVINGS



18

CALORIES



155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 eggs
- ☐ 2.5 cups salsa thick
- ☐ 12 oz cheddar cheese shredded
- ☐ 1.8 lb chicken breast boneless skinless cut into 1/2-inch pieces
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup water
- ☐ 2.3 cups frangelico
- ☐ 2.3 cups frangelico

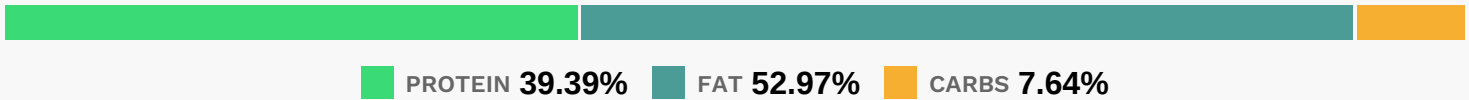
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400F. Spray 3 (8- or 9-inch) square pans with cooking spray. In large bowl, stir together Bisquick mix, water and eggs.
- ☐ Spread evenly in pans.
- ☐ Sprinkle 1/2 cup of the cheese over batter in each pan.
- ☐ In 12-inch skillet, heat oil over medium-high heat. Cook chicken in oil, stirring frequently, until outsides turn white; drain. Stir in salsa; heat until hot. Spoon evenly over batter in pans to within 1/2-inch of edges.
- ☐ Bake 22 to 25 minutes or until edges are dark golden brown.
- ☐ Sprinkle 1/2 cup of the remaining cheese over each pan.
- ☐ Bake 1 to 3 minutes or until cheese is melted. Loosen from sides of pan; cut into squares.

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:8.5173912981282%

Nutrients (% of daily need)

Calories: 155.02kcal (7.75%), Fat: 9.09g (13.98%), Saturated Fat: 4.23g (26.44%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.3g (0.84%), Sugar: 1.47g (1.63%), Cholesterol: 74.4mg (24.8%), Sodium: 422.39mg (18.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.21g (30.42%), Selenium: 22.04µg (31.48%), Vitamin B3: 5.02mg (25.1%), Vitamin B6: 0.42mg (20.97%), Phosphorus: 205.24mg (20.52%), Calcium: 150.24mg (15.02%), Vitamin B2: 0.17mg (10.15%), Vitamin B5: 0.89mg (8.92%), Vitamin A: 415.54IU (8.31%), Potassium: 281.01mg (8.03%), Zinc: 1.12mg (7.45%), Vitamin B12: 0.35µg (5.9%), Magnesium: 22.93mg (5.73%), Vitamin E: 0.8mg (5.37%), Vitamin K: 3.47µg (3.3%), Vitamin B1: 0.05mg (3.29%), Folate: 10.62µg (2.66%), Iron: 0.47mg (2.63%), Fiber: 0.65g (2.6%), Manganese: 0.05mg (2.57%), Copper: 0.05mg (2.4%), Vitamin D: 0.3µg (2.03%), Vitamin C: 1.22mg (1.47%)