



## Big-Batch Salsa Chicken Fiesta

READY IN



20 min.

SERVINGS



18

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 eggs
- ☐ 2.5 cups salsa thick old el paso®
- ☐ 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 baking mix original bisquick®

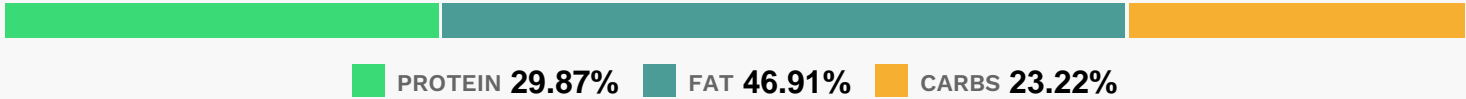
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat oven to 400°F. 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:10.513043434724%

## Nutrients (% of daily need)

Calories: 221.6kcal (11.08%), Fat: 11.49g (17.67%), Saturated Fat: 4.85g (30.3%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 11.82g (4.3%), Sugar: 3.28g (3.64%), Cholesterol: 74.71mg (24.9%), Sodium: 620.88mg (26.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.45g (32.91%), Selenium: 23.2µg (33.15%), Phosphorus: 296.24mg (29.62%), Vitamin B3: 5.73mg (28.63%), Vitamin B6: 0.43mg (21.56%), Calcium: 178.09mg (17.81%), Vitamin B2: 0.24mg (14.15%), Vitamin B5: 1.03mg (10.29%), Vitamin B1: 0.14mg (9.25%), Potassium: 306.36mg (8.75%), Vitamin A: 416.16IU (8.32%), Zinc: 1.21mg (8.07%), Folate: 30.07µg (7.52%), Vitamin B12: 0.41µg (6.91%), Magnesium: 26.82mg (6.7%), Vitamin E: 0.83mg (5.5%), Manganese: 0.1mg (5.21%), Iron: 0.9mg (5.02%), Vitamin K: 4.48µg (4.27%), Fiber: 0.98g (3.91%), Copper: 0.07mg (3.6%), Vitamin D: 0.3µg (2.03%), Vitamin C: 1.26mg (1.53%)