



Cheesy Mexican Chicken

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 skinned and boned chicken breast halves
- ☐ 0.5 teaspoon garlic powder
- ☐ 4.5 ounce chiles diced green canned
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon ground pepper black
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 0.5 teaspoon paprika

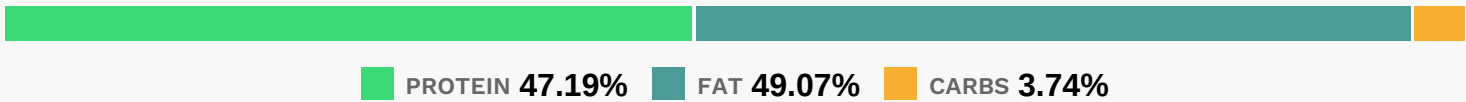
Equipment

☐ frying pan

Directions

- ☐ Combine first 4 ingredients; sprinkle evenly over chicken.
- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add chicken, and cook 2 to 3 minutes on each side or until golden brown.
- ☐ Remove from heat; top evenly with chiles and cheese. Cover and let stand 2 to 3 minutes or until cheese melts.
- ☐ Sprinkle with paprika, if desired.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:15.744782442632%

Nutrients (% of daily need)

Calories: 270.03kcal (13.5%), Fat: 14.49g (22.3%), Saturated Fat: 6.67g (41.66%), Carbohydrates: 2.49g (0.83%), Net Carbohydrates: 1.67g (0.61%), Sugar: 0.19g (0.21%), Cholesterol: 97.55mg (32.52%), Sodium: 461.33mg (20.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.36g (62.72%), Vitamin B3: 12.06mg (60.29%), Selenium: 40.51µg (57.87%), Vitamin B6: 0.92mg (46.17%), Phosphorus: 370.98mg (37.1%), Calcium: 232.94mg (23.29%), Vitamin B5: 1.72mg (17.16%), Vitamin C: 12.37mg (15%), Potassium: 497.91mg (14.23%), Vitamin B2: 0.24mg (14.12%), Vitamin A: 595.17IU (11.9%), Zinc: 1.57mg (10.44%), Magnesium: 40.19mg (10.05%), Vitamin B12: 0.46µg (7.75%), Folate: 27.4µg (6.85%), Iron: 1.18mg (6.55%), Vitamin B1: 0.08mg (5.57%), Manganese: 0.09mg (4.7%), Vitamin E: 0.51mg (3.43%), Fiber: 0.82g (3.29%), Copper: 0.05mg (2.52%), Vitamin K: 2.06µg (1.96%), Vitamin D: 0.28µg (1.89%)