



## Cheesy Southwest Oven-Baked Chicken for Two

 Gluten Free

READY IN



34 min.

SERVINGS



2

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 Tbsp bull's-eye original barbecue sauce
- 2 Tbsp basil fresh chopped
- 2 Tbsp lite house dressing italian kraft
- 0.5 cup onions chopped
- 0.5 cup pasilla peppers red chopped
- 0.3 cup milk sharp cheddar cheese shredded 2% kraft
- 0.5 lb chicken breasts boneless skinless

2 slices oscar mayer turkey bacon cut into 1-inch pieces

## Equipment

frying pan

oven

baking pan

## Directions

Heat oven to 375F.

Cook and stir bacon and vegetables in nonstick skillet on medium heat 6 min. or until vegetables are crisp-tender.

Remove from heat. Stir in dressing.

Place chicken in single layer in shallow baking dish sprayed with cooking spray; top with barbecue sauce. Turn chicken to evenly coat with sauce; top with bacon mixture.

Bake 12 to 14 min. or until chicken is done (165F). Top with cheese; bake 2 min. or until melted.

Sprinkle with basil.

## Nutrition Facts



**PROTEIN 39.79%** **FAT 41.18%** **CARBS 19.03%**

## Properties

Glycemic Index:78, Glycemic Load:1.43, Inflammation Score:-9, Nutrition Score:22.606956191685%

## Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

## Nutrients (% of daily need)

Calories: 332.04kcal (16.6%), Fat: 15.05g (23.15%), Saturated Fat: 5g (31.24%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 13.93g (5.06%), Sugar: 10.56g (11.73%), Cholesterol: 100.42mg (33.47%), Sodium: 868.23mg (37.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.72g (65.43%), Vitamin C: 53.3mg (64.6%), Vitamin B3: 12.92mg (64.59%), Selenium: 44.67µg (63.81%), Vitamin B6: 1.09mg (54.61%), Phosphorus: 397.65mg (39.76%),

Vitamin K: 38.23µg (36.41%), Vitamin A: 1718.35IU (34.37%), Potassium: 693.12mg (19.8%), Vitamin B5: 1.88mg (18.83%), Vitamin B2: 0.27mg (15.65%), Calcium: 137.27mg (13.73%), Magnesium: 52.8mg (13.2%), Zinc: 1.85mg (12.34%), Manganese: 0.21mg (10.5%), Vitamin E: 1.57mg (10.47%), Folate: 38.12µg (9.53%), Vitamin B1: 0.13mg (8.84%), Iron: 1.33mg (7.38%), Vitamin B12: 0.43µg (7.12%), Fiber: 1.72g (6.86%), Copper: 0.12mg (5.87%), Vitamin D: 0.25µg (1.69%)