



Chile Rellenos-Style Chicken

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz chiles green drained chopped canned
- 0.5 cup cheddar & monterey jack cheeses shredded kraft
- 2 lb chicken breasts boneless skinless
- 1 pkt. shake 'n bake & spicy seasoned coating mix hot
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Equipment

- oven

Directions

- Heat oven to 400F.
- Coat chicken with coating mix and bake as directed on package.
- Combine cheese and chiles; spoon over chicken.
- Bake an additional 5 min. or until cheese is melted.

Nutrition Facts

PROTEIN 67.97% **FAT 30.2%** **CARBS 1.83%**

Properties

Glycemic Index:0.77, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.7278261003287%

Nutrients (% of daily need)

Calories: 36.25kcal (1.81%), Fat: 1.17g (1.8%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 0.16g (0.05%), Net Carbohydrates: 0.1g (0.04%), Sugar: 0.01g (0.01%), Cholesterol: 18.03mg (6.01%), Sodium: 52.62mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Vitamin B3: 2.73mg (13.63%), Selenium: 8.54µg (12.2%), Vitamin B6: 0.2mg (9.97%), Phosphorus: 61.95mg (6.2%), Vitamin B5: 0.38mg (3.75%), Potassium: 100.87mg (2.88%), Vitamin B2: 0.03mg (1.95%), Magnesium: 7.3mg (1.83%), Vitamin C: 1.42mg (1.72%), Calcium: 14.5mg (1.45%), Zinc: 0.2mg (1.34%), Vitamin B1: 0.02mg (1.14%), Vitamin B12: 0.07µg (1.09%)