



## Crispy Salsa Chicken

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup monterrey jack cheese shredded kraft
- 0.5 cup taco bellâ® & chunky salsa thick
- 1 lb chicken breasts boneless skinless
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 400F.
- Coat chicken with coating mix as directed on package.
- Place on baking sheet.
- Bake 20 min. or until chicken is done (165F).
- Top with salsa and cheese; bake 5 min. or until cheese is melted.

## Nutrition Facts

**PROTEIN 60.01%** **FAT 35.09%** **CARBS 4.9%**

## Properties

Glycemic Index:0.77, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.5191304165384%

## Nutrients (% of daily need)

Calories: 21.87kcal (1.09%), Fat: 0.83g (1.28%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 0.26g (0.09%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.15g (0.17%), Cholesterol: 9.73mg (3.24%), Sodium: 49.08mg (2.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Vitamin B3: 1.39mg (6.97%), Selenium: 4.41µg (6.31%), Vitamin B6: 0.1mg (5.24%), Phosphorus: 35.57mg (3.56%), Vitamin B5: 0.2mg (1.96%), Potassium: 58.84mg (1.68%), Calcium: 13.73mg (1.37%), Vitamin B2: 0.02mg (1.2%), Magnesium: 4.36mg (1.09%)