



## Crispy Santa Fe Chicken

READY IN



35 min.

SERVINGS



35

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp butter melted
- 1 cup four cheese shredded mexican style kraft finely
- 1 eggs beaten
- 1 cup taco bellâ® & chunky salsa thick
- 0.5 cup saltines crushed finely
- 1 lb chicken breasts boneless skinless

### Equipment

- oven

baking pan

## Directions

Heat oven to 425F.

Dip chicken in egg then in cracker crumbs, turning to evenly coat both sides of each breast with each ingredient.

Place in 13x9-inch baking dish sprayed with cooking spray; drizzle with butter.

Bake 20 min. or until chicken is done (165F). Top with salsa and cheese; bake 5 min. or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:2.2, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.1630434938099%

## Nutrients (% of daily need)

Calories: 41.9kcal (2.09%), Fat: 2.31g (3.56%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 1.17g (0.42%), Sugar: 0.31g (0.35%), Cholesterol: 17.94mg (5.98%), Sodium: 101.29mg (4.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.74%), Selenium: 5.62µg (8.04%), Vitamin B3: 1.5mg (7.51%), Vitamin B6: 0.12mg (5.77%), Phosphorus: 48.08mg (4.81%), Calcium: 26.64mg (2.66%), Vitamin B2: 0.04mg (2.38%), Vitamin B5: 0.24mg (2.38%), Potassium: 73.05mg (2.09%), Vitamin A: 98.97IU (1.98%), Zinc: 0.23mg (1.55%), Magnesium: 5.75mg (1.44%), Vitamin B1: 0.02mg (1.29%), Vitamin B12: 0.07µg (1.23%), Vitamin E: 0.18mg (1.22%)