



Crusty Mexican Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 oz canned tomatoes diced no salt added canned ()
- 4 servings cilantro sprigs fresh
- 0.3 cup cilantro leaves fresh
- 1 teaspoon garlic powder
- 1 tablespoon honey
- 0.5 cup jack cheese shredded
- 1 tablespoon juice of lime
- 4 servings lime wedges

- 0.5 teaspoon oregano dried
- 4 chicken breast halves boneless skinless fat trimmed
- 2 oz regular tortilla chips crushed

Equipment

- food processor
- bowl
- frying pan
- oven
- blender
- baking pan

Directions

- In a bowl, combine lime juice and honey.
- Place tortilla chips in a bag. Dip chicken pieces 1 at a time in juice mixture, then drop into chips and shake to coat.
- Place in a 9-inch-square baking dish.
- Bake in a 475 oven until no longer pink in center of thickest part (cut to test), about 15 minutes.
- Meanwhile, in a blender or food processor, whirl tomatoes and their juice, 1/4 cup cilantro, garlic powder, and oregano until smooth.
- Pour into a 2- to 3-quart pan and bring to a boil over high heat. Boil, partly covered to prevent spattering, until reduced to 1 1/4 cups, 4 to 5 minutes.
- Sprinkle chicken with cheese and bake just until cheese melts, 1 to 2 minutes more.
- Spoon tomato sauce equally onto 4 dinner plates; place a chicken piece on each and garnish with cilantro sprigs. Offer lime wedges to season to taste.

Nutrition Facts



PROTEIN 40.95% FAT 32.21% CARBS 26.84%

Properties

Glycemic Index:46.32, Glycemic Load:2.34, Inflammation Score:-6, Nutrition Score:17.241739143496%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 286.48kcal (14.32%), Fat: 10.3g (15.85%), Saturated Fat: 3.76g (23.51%), Carbohydrates: 19.32g (6.44%), Net Carbohydrates: 17.27g (6.28%), Sugar: 7.06g (7.84%), Cholesterol: 84.89mg (28.3%), Sodium: 410.6mg (17.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.47g (58.93%), Vitamin B3: 12.69mg (63.46%), Selenium: 39.18µg (55.98%), Vitamin B6: 1.02mg (50.84%), Phosphorus: 356.35mg (35.64%), Vitamin B5: 1.95mg (19.54%), Potassium: 674.51mg (19.27%), Calcium: 164.4mg (16.44%), Vitamin C: 12.67mg (15.35%), Magnesium: 58.41mg (14.6%), Vitamin B2: 0.24mg (14.2%), Vitamin K: 11.52µg (10.97%), Iron: 1.92mg (10.65%), Vitamin E: 1.54mg (10.26%), Zinc: 1.47mg (9.79%), Vitamin B1: 0.15mg (9.75%), Fiber: 2.05g (8.2%), Vitamin A: 344.04IU (6.88%), Copper: 0.13mg (6.56%), Manganese: 0.13mg (6.35%), Vitamin B12: 0.34µg (5.72%), Folate: 19.17µg (4.79%), Vitamin D: 0.2µg (1.32%)