



Healthy Mexican Chicken Bake



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 cup salsa
- ☐ 4 ounces mexican cheese blend shredded
- ☐ 4 chicken breasts boneless skinless
- ☐ 2 tablespoons vegetable oil

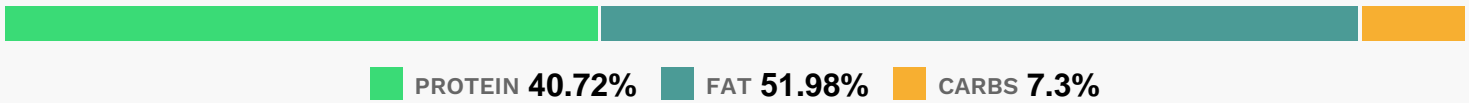
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat vegetable oil in a large skillet over medium heat. Season one side of chicken breasts with half the cumin, half the garlic powder, salt, and black pepper; arrange chicken breasts with seasoned sides down in the hot oil. Fry until chicken is lightly browned on the bottom, 4 to 5 minutes.
- ☐ Season the top of each chicken breast with the remaining cumin, remaining garlic powder, salt, and black pepper; flip chicken and cook until other side is lightly browned, 4 to 5 minutes. If the skillet gets dry, pour in just enough juice from the salsa to keep it from burning.
- ☐ Transfer chicken breasts to a 9x9-inch baking dish; sprinkle with Mexican cheese blend. Loosen all the drippings from the skillet with a little more juice from the salsa and pour on top of chicken breasts. Spoon salsa over cheese layer.
- ☐ Bake chicken breasts until no longer pink in the center and the juices run clear, 20 to 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:16.957391303519%

Nutrients (% of daily need)

Calories: 313.88kcal (15.69%), Fat: 18.05g (27.77%), Saturated Fat: 6.52g (40.76%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 4.39g (1.6%), Sugar: 2.86g (3.17%), Cholesterol: 99.25mg (33.08%), Sodium: 730.87mg (31.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.81g (63.62%), Vitamin B3: 12.58mg (62.88%), Selenium: 41.21µg (58.87%), Vitamin B6: 0.99mg (49.65%), Phosphorus: 388.03mg (38.8%), Calcium: 216.36mg (21.64%), Vitamin B5: 1.82mg (18.19%), Potassium: 629.11mg (17.97%), Vitamin K: 16.36µg (15.58%), Vitamin B2: 0.23mg (13.34%), Magnesium: 48.8mg (12.2%), Zinc: 1.69mg (11.24%), Vitamin E: 1.66mg (11.05%), Vitamin A: 539.62IU

(10.79%), Vitamin B12: 0.57µg (9.58%), Vitamin B1: 0.11mg (7.21%), Iron: 1.24mg (6.91%), Manganese: 0.13mg (6.67%), Fiber: 1.32g (5.26%), Copper: 0.09mg (4.48%), Vitamin C: 2.64mg (3.2%), Folate: 11.22µg (2.81%), Vitamin D: 0.25µg (1.7%)