



## Jalapeño Chicken

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 ounces monterrey jack cheese shredded with jalapeño peppers
- 16 ounce chicken breast halves boneless skinless
- 1 tablespoon taco seasoning

### Equipment

- frying pan

### Directions

- Sprinkle taco seasoning over both sides of chicken.
- Place a large nonstick skillet over medium heat until hot. Coat chicken with cooking spray.
- Add chicken to pan, and cook 7 minutes on each side or until chicken is done.
- Remove chicken from heat; sprinkle with cheese. Cover and let stand 3 to 4 minutes or until cheese melts.
- Garnish with jalapeo slices, if desired.

## Nutrition Facts

■ PROTEIN **62.23%**
■ FAT **36.76%**
■ CARBS **1.01%**

### Properties

Glycemic Index:6.75, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:12.211304259041%

### Nutrients (% of daily need)

Calories: 183.32kcal (9.17%), Fat: 7.23g (11.13%), Saturated Fat: 3.35g (20.94%), Carbohydrates: 0.45g (0.15%), Net Carbohydrates: 0.33g (0.12%), Sugar: 0.19g (0.21%), Cholesterol: 85.19mg (28.4%), Sodium: 267.02mg (11.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.55g (55.09%), Vitamin B3: 11.84mg (59.2%), Selenium: 38.34µg (54.78%), Vitamin B6: 0.86mg (43.03%), Phosphorus: 301.07mg (30.11%), Vitamin B5: 1.65mg (16.46%), Potassium: 431.05mg (12.32%), Calcium: 111.41mg (11.14%), Vitamin B2: 0.17mg (9.92%), Magnesium: 33.31mg (8.33%), Zinc: 1.08mg (7.22%), Vitamin B12: 0.34µg (5.74%), Vitamin B1: 0.07mg (4.98%), Vitamin A: 201.65IU (4.03%), Iron: 0.56mg (3.13%), Vitamin C: 1.64mg (1.99%), Folate: 7.09µg (1.77%), Copper: 0.04mg (1.76%), Vitamin E: 0.25mg (1.68%), Vitamin D: 0.2µg (1.32%)