

Salsa Chicken



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup salsa
- ☐ 1 cup cheddar cheese shredded
- ☐ 4 chicken breast halves boneless skinless
- ☐ 4 teaspoons taco seasoning

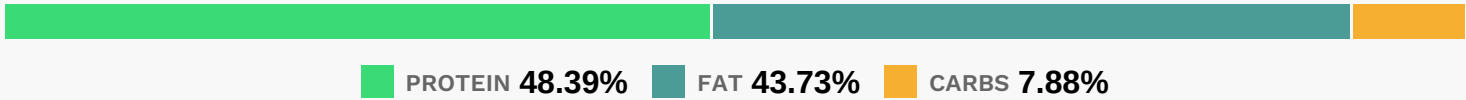
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C)
- ☐ Place chicken breasts in a lightly greased 9x13 inch baking dish.
- ☐ Sprinkle taco seasoning on both sides of chicken breasts, and pour salsa over all.
- ☐ Bake at 375 degrees F (190 degrees C) for 25 to 35 minutes, or until chicken is tender and juicy and its juices run clear.
- ☐ Sprinkle chicken evenly with cheese, and continue baking for an additional 3 to 5 minutes, or until cheese is melted and bubbly. Top with sour cream if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:16.419130382331%

Nutrients (% of daily need)

Calories: 263.12kcal (13.16%), Fat: 12.66g (19.47%), Saturated Fat: 6.08g (37.99%), Carbohydrates: 5.13g (1.71%), Net Carbohydrates: 3.94g (1.43%), Sugar: 2.59g (2.88%), Cholesterol: 100.57mg (33.52%), Sodium: 750.3mg (32.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.51g (63.02%), Selenium: 44.74µg (63.91%), Vitamin B3: 12.53mg (62.64%), Vitamin B6: 0.98mg (49.01%), Phosphorus: 387.48mg (38.75%), Calcium: 223.58mg (22.36%), Vitamin B5: 1.86mg (18.58%), Potassium: 607.55mg (17.36%), Vitamin B2: 0.26mg (15.2%), Vitamin A: 638.35IU (12.77%), Zinc: 1.82mg (12.15%), Magnesium: 46.76mg (11.69%), Vitamin B12: 0.53µg (8.76%), Vitamin E: 1.22mg (8.13%), Vitamin B1: 0.1mg (6.88%), Fiber: 1.19g (4.76%), Manganese: 0.09mg (4.66%), Iron: 0.74mg (4.13%), Copper: 0.08mg (4.1%), Vitamin K: 3.63µg (3.46%), Folate: 13.05µg (3.26%), Vitamin C: 2.64mg (3.2%), Vitamin D: 0.28µg (1.88%)