



Salsa Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce chiles whole green drained thinly sliced canned
- ☐ 2.5 ounces cheddar cheese shredded reduced-fat
- ☐ 2 tablespoons olives ripe sliced
- ☐ 0.7 cup bottled salsa
- ☐ 1 pound chicken breasts boneless skinless cut into bite-sized pieces
- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 2 teaspoons taco seasoning

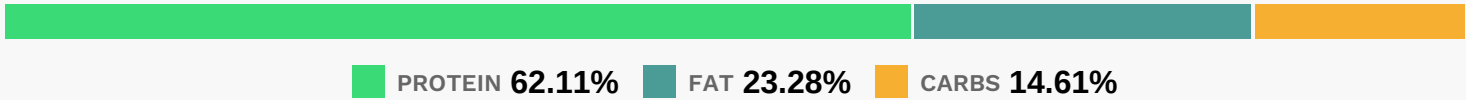
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 47
- ☐ Combine chicken and seasoning in a medium bowl, tossing to coat.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken; cook for 4 minutes or until browned, stirring occasionally. Arrange chicken in an 8-inch square baking dish coated with cooking spray; top with salsa, cheese, and chiles.
- ☐ Bake at 475 for 8 minutes or until chicken is done and cheese is melted. Top each serving with 1 tablespoon sour cream and 1 1/2 teaspoons olives.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:15.163043566372%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 194.98kcal (9.75%), Fat: 4.95g (7.61%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 5.58g (2.03%), Sugar: 1.83g (2.03%), Cholesterol: 77.59mg (25.86%), Sodium: 723.5mg (31.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.7g (59.41%), Vitamin B3: 12.52mg (62.6%), Selenium: 40.13µg (57.33%), Vitamin B6: 0.97mg (48.59%), Phosphorus: 354.69mg (35.47%), Vitamin B5: 1.76mg (17.61%), Potassium: 595.33mg (17.01%), Vitamin C: 11.9mg (14.43%), Calcium: 121.59mg (12.16%), Vitamin B2: 0.2mg (11.57%), Magnesium: 41.83mg (10.46%), Zinc: 1.17mg (7.77%), Vitamin A: 371.48IU (7.43%), Vitamin B1: 0.1mg (6.62%), Folate: 25.23µg (6.31%), Vitamin E: 0.91mg (6.05%), Iron: 1.08mg (5.98%), Vitamin B12: 0.36µg (5.95%), Fiber: 1.4g (5.61%), Copper: 0.07mg (3.48%), Manganese: 0.07mg (3.35%), Vitamin K: 2.21µg (2.1%)