



Salsa Chicken Fiesta (Cooking for 2)

READY IN



35 min.

SERVINGS



2

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup baking mix bisquick heart smart®
- 1 tablespoon water
- 2 tablespoons eggs fat-free
- 0.3 cup cheddar cheese shredded reduced-fat ()
- 1 large chicken breast boneless skinless cut into 1/2-inch pieces
- 0.5 cup salsa thick

Equipment

- bowl

- frying pan
- oven
- loaf pan

Directions

- Heat oven to 400°F. Spray 8x4-inch loaf pan with cooking spray. In small bowl, stir together Bisquick® mix, water and egg product; spread in pan.
- Sprinkle with 1/4 cup of the cheese.
- In 10-inch nonstick skillet, cook chicken over medium-high heat, stirring frequently, until outsides turn white; drain. Stir in salsa; heat until hot. Spoon over batter in pan to within 1/2 inch of edges.
- Bake about 20 minutes.
- Sprinkle with remaining 2 tablespoons cheese.
- Bake about 2 minutes longer or until cheese is melted; loosen from sides of pan.

Nutrition Facts

PROTEIN 37.32% **FAT 29.9%** **CARBS 32.78%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:12.603043628776%

Nutrients (% of daily need)

Calories: 214.44kcal (10.72%), Fat: 7.06g (10.86%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 15.83g (5.76%), Sugar: 4.93g (5.48%), Cholesterol: 94.53mg (31.51%), Sodium: 854.96mg (37.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.83g (39.67%), Selenium: 26.75µg (38.22%), Vitamin B3: 7.55mg (37.74%), Phosphorus: 354.09mg (35.41%), Vitamin B6: 0.58mg (29.21%), Vitamin B2: 0.26mg (15.5%), Vitamin B5: 1.37mg (13.66%), Potassium: 439.08mg (12.55%), Calcium: 123.95mg (12.39%), Vitamin B1: 0.18mg (12.1%), Folate: 38.36µg (9.59%), Vitamin A: 438.84IU (8.78%), Magnesium: 33.55mg (8.39%), Manganese: 0.15mg (7.75%), Iron: 1.35mg (7.52%), Vitamin E: 1.09mg (7.27%), Zinc: 1.03mg (6.84%), Vitamin B12: 0.39µg (6.53%), Fiber: 1.59g (6.36%), Copper: 0.1mg (5.16%), Vitamin K: 4.27µg (4.07%), Vitamin D: 0.37µg (2.44%), Vitamin C: 1.97mg (2.39%)