



Salsa Chicken Fiesta (lighter)

READY IN



45 min.

SERVINGS



6

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup baking mix bisquick heart smart®
- 2 tablespoons water
- 0.3 cup eggs fat-free
- 6 oz cheddar cheese shredded reduced-fat
- 3 chicken breast boneless skinless cut into 1/2-inch pieces
- 1.3 cups salsa thick

Equipment

- bowl

frying pan

oven

Directions

- Heat oven to 400°F. Spray 8- or 9-inch square pan with cooking spray. In small bowl, stir together Bisquick® mix, water and egg product; spread in pan.
- Sprinkle with 1 1/4 cups 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 22 to 25 minutes or until edges are dark golden brown.
- Sprinkle with remaining 1/4 cup cheese.
- Bake 1 to 3 minutes longer or until cheese is melted; loosen from sides of pan.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:11.956521713215%

Nutrients (% of daily need)

Calories: 200.71kcal (10.04%), Fat: 6.57g (10.1%), Saturated Fat: 2.41g (15.05%), Carbohydrates: 12.71g (4.24%), Net Carbohydrates: 11.45g (4.16%), Sugar: 3.8g (4.22%), Cholesterol: 80.05mg (26.68%), Sodium: 779.13mg (33.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.02g (44.04%), Selenium: 26.79µg (38.27%), Phosphorus: 371.24mg (37.12%), Vitamin B3: 7.13mg (35.64%), Vitamin B6: 0.56mg (27.93%), Calcium: 165.33mg (16.53%), Vitamin B2: 0.24mg (14.18%), Vitamin B5: 1.24mg (12.4%), Potassium: 403.22mg (11.52%), Vitamin B1: 0.14mg (9.28%), Magnesium: 31.95mg (7.99%), Vitamin A: 390.84IU (7.82%), Zinc: 1.16mg (7.75%), Folate: 28.97µg (7.24%), Vitamin B12: 0.39µg (6.57%), Iron: 1.1mg (6.12%), Vitamin E: 0.91mg (6.06%), Manganese: 0.12mg (5.98%), Fiber: 1.25g (5.02%), Copper: 0.09mg (4.25%), Vitamin K: 3.46µg (3.29%), Vitamin C: 1.75mg (2.12%), Vitamin D: 0.29µg (1.92%)