



Salsa Verde Chicken Bake

 **Gluten Free**  **Popular**

READY IN



35 min.

SERVINGS



4

CALORIES



288 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 pounds chicken breasts boneless skinless
- 0.8 cups tomatillo salsa verde (115-ounce jar)
- 4 ounces monterey jack and/or pepper jack cheese grated
- 0.5 cup cilantro leaves fresh chopped

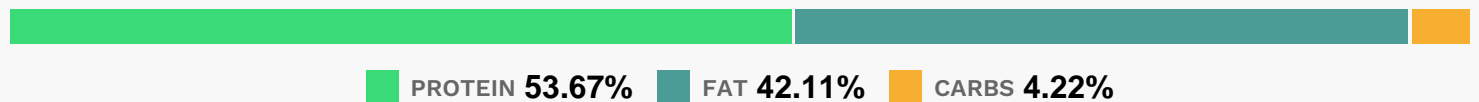
Equipment

- oven
- baking pan
- kitchen thermometer

Directions

- Preheat oven to 350°F.
- Cut chicken breasts and line baking dish with them:
- Cut the chicken breasts into halves.
- Line a 1 1/2 to 2 quart casserole baking dish with the chicken pieces. Try to cover the bottom as completely as you can with the chicken.
- the chicken pieces with the salsa verde. Cover completely, there should be no exposed chicken or it will dry out.
- Bake in a 350°F oven for 25–30 minutes. If you have a meat thermometer, use it. The chicken should be removed from the oven when the internal temperature of the breast meat reaches 150°F.
- Sprinkle cheese over the chicken, increase the oven heat to 400°F and return to the oven for another 5–10 minutes, enough time for the cheese to melt and the sauce to get bubbly.
- Remove from oven.
- Serve immediately. Spoon over cooked rice or quinoa.
- Sprinkle with chopped fresh cilantro.
- Serve with tortilla chips for crunch if you would like.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:17.246521673773%

Flavonoids

Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 287.71kcal (14.39%), Fat: 12.93g (19.9%), Saturated Fat: 6.22g (38.87%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.86g (1.04%), Sugar: 2.81g (3.12%), Cholesterol: 115.95mg (38.65%), Sodium: 640.12mg (27.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.08g (74.16%), Vitamin B3: 14.83mg (74.16%), Selenium: 49.49µg (70.7%), Vitamin B6: 1.09mg (54.35%), Phosphorus: 424.5mg (42.45%), Calcium: 219.91mg (21.99%),

Vitamin B5: 2.09mg (20.91%), Potassium: 643.87mg (18.4%), Vitamin B2: 0.26mg (15.03%), Vitamin A: 660.34IU (13.21%), Magnesium: 45.03mg (11.26%), Zinc: 1.68mg (11.22%), Vitamin B12: 0.52µg (8.65%), Vitamin K: 7.19µg (6.85%), Vitamin B1: 0.1mg (6.42%), Vitamin C: 3.85mg (4.67%), Iron: 0.76mg (4.24%), Folate: 12.01µg (3%), Vitamin E: 0.39mg (2.62%), Copper: 0.05mg (2.59%), Vitamin D: 0.31µg (2.08%), Manganese: 0.03mg (1.65%)