



## Santa Fe Grilled Chicken

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 lb chicken breast boneless skinless
- 2 tablespoons vegetable oil
- 6.3 oz taco seasoning
- 6 oz monterrey jack cheese
- 1 cup salsa thick

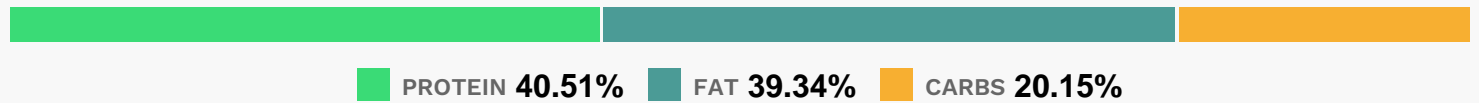
## Equipment

- grill

## Directions

- Heat gas or charcoal grill.
- Brush both sides of chicken with oil; sprinkle with taco seasoning mix.
- Place chicken on grill. Cover grill; cook over medium heat 15 to 20 minutes, turning once and topping each chicken breast with cheese during last minute of cooking time, until juice of chicken is clear when center of thickest part is cut (170°F).
- Serve chicken topped with salsa.

## Nutrition Facts



## Properties

Glycemic Index:3.38, Glycemic Load:0.04, Inflammation Score:-9, Nutrition Score:17.818695622942%

## Nutrients (% of daily need)

Calories: 289.7kcal (14.49%), Fat: 12.84g (19.76%), Saturated Fat: 5.23g (32.68%), Carbohydrates: 14.8g (4.93%), Net Carbohydrates: 10.05g (3.66%), Sugar: 5.5g (6.11%), Cholesterol: 91.5mg (30.5%), Sodium: 2259.22mg (98.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.75g (59.5%), Vitamin B3: 12.21mg (61.06%), Selenium: 39.66µg (56.66%), Vitamin A: 2431.24IU (48.62%), Vitamin B6: 0.92mg (46.17%), Phosphorus: 342.94mg (34.29%), Fiber: 4.75g (19%), Calcium: 173.39mg (17.34%), Vitamin B5: 1.73mg (17.26%), Potassium: 520.65mg (14.88%), Vitamin C: 11.94mg (14.48%), Iron: 2.2mg (12.25%), Vitamin B2: 0.21mg (12.16%), Magnesium: 40.1mg (10.02%), Zinc: 1.36mg (9.07%), Vitamin K: 8.38µg (7.98%), Vitamin B12: 0.4µg (6.72%), Vitamin E: 0.95mg (6.3%), Vitamin B1: 0.09mg (5.81%), Copper: 0.06mg (2.93%), Manganese: 0.06mg (2.8%), Folate: 9.66µg (2.42%), Vitamin D: 0.24µg (1.61%)