



Santa Fe Oven Chicken

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cornmeal
- ☐ 0.5 teaspoon chili powder
- ☐ 4 oz chilis green drained chopped canned
- ☐ 0.7 cup milk
- ☐ 2 cups roasted chicken cooked
- ☐ 11 oz corn whole with red and green peppers, drained canned
- ☐ 14.5 oz tomatoes diced with jalapeños, undrained canned
- ☐ 1 cup processed cheese food cubed

☐ 1.3 cups frangelico

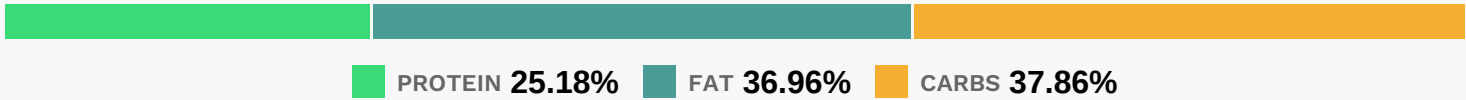
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F. Lightly spray 11x7-inch (2-quart) glass baking dish with cooking spray. In medium bowl, stir Bisquick mix, cornmeal, chili powder, green chiles and milk until dough forms; set aside.
- ☐ In 2-quart saucepan, heat chicken, corn and tomatoes to boiling.
- ☐ Pour hot chicken mixture into baking dish. Fold in cheese (cheese will not melt). Drop dough by 12 heaping tablespoonfuls onto chicken mixture.
- ☐ Bake 16 to 18 minutes or until mixture is bubbly and topping is lightly browned.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:18.36, Inflammation Score:-7, Nutrition Score:21.75391282206%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 505.61kcal (25.28%), Fat: 20.77g (31.95%), Saturated Fat: 8.96g (56.01%), Carbohydrates: 47.86g (15.95%), Net Carbohydrates: 42.53g (15.46%), Sugar: 5.83g (6.48%), Cholesterol: 92.38mg (30.79%), Sodium:

1045.07mg (45.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.84g (63.68%), Phosphorus: 544.62mg (54.46%), Calcium: 471mg (47.1%), Vitamin B3: 8.11mg (40.57%), Selenium: 27.69µg (39.55%), Vitamin B6: 0.72mg (35.93%), Vitamin C: 20.58mg (24.95%), Zinc: 3.73mg (24.89%), Magnesium: 92.6mg (23.15%), Iron: 3.84mg (21.36%), Fiber: 5.33g (21.33%), Vitamin B2: 0.36mg (21%), Manganese: 0.41mg (20.49%), Potassium: 716.04mg (20.46%), Vitamin B1: 0.25mg (16.8%), Folate: 66.02µg (16.51%), Vitamin B12: 0.95µg (15.79%), Vitamin B5: 1.36mg (13.57%), Vitamin A: 655.41IU (13.11%), Copper: 0.25mg (12.51%), Vitamin E: 1.24mg (8.28%), Vitamin D: 0.66µg (4.38%), Vitamin K: 4.36µg (4.15%)