



## Skillet Chicken Picante

READY IN



45 min.

SERVINGS



6

CALORIES



739 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 10 10-inch flour tortillas
- ☐ 1 tablespoon garlic powder
- ☐ 1 onion chopped
- ☐ 24 ounce picante sauce
- ☐ 12 ounces cheddar cheese shredded
- ☐ 3 chicken breasts boneless skinless
- ☐ 1 tablespoon vegetable oil

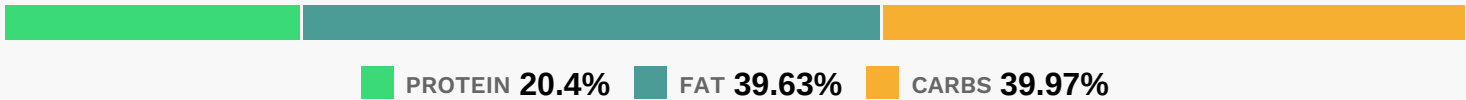
# Equipment

☐ frying pan

# Directions

- ☐ Cube chicken breasts.
- ☐ Heat oil in a medium skillet.
- ☐ Add cubed chicken breasts, onion and garlic powder and saute until chicken is cooked through and no longer pink, about 15 to 20 minutes.
- ☐ Pour tomatoes and picante sauce over chicken mixture.
- ☐ Let simmer over medium heat until sauce has thickened, usually about 30 minutes.
- ☐ Place some of the mixture in a warm tortilla, add cheese and wrap. Repeat until all of the chicken mixture is gone!

# Nutrition Facts



# Properties

Glycemic Index:21.83, Glycemic Load:20.4, Inflammation Score:-9, Nutrition Score:33.40652153803%

# Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

# Nutrients (% of daily need)

Calories: 739.34kcal (36.97%), Fat: 32.76g (50.41%), Saturated Fat: 15.02g (93.88%), Carbohydrates: 74.34g (24.78%), Net Carbohydrates: 66.48g (24.17%), Sugar: 12.66g (14.07%), Cholesterol: 92.86mg (30.95%), Sodium: 2130.88mg (92.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.95g (75.9%), Selenium: 61.98µg (88.55%), Phosphorus: 687.71mg (68.77%), Vitamin B3: 13.22mg (66.09%), Calcium: 634.34mg (63.43%), Vitamin B1: 0.74mg (49.65%), Manganese: 0.88mg (44.03%), Vitamin B6: 0.88mg (43.88%), Vitamin B2: 0.71mg (42.02%), Folate: 141.39µg (35.35%), Iron: 6.02mg (33.42%), Fiber: 7.86g (31.43%), Potassium: 934.52mg (26.7%), Vitamin A: 1277.05IU (25.54%), Zinc: 3.51mg (23.4%), Magnesium: 89.24mg (22.31%), Vitamin K: 22.51µg (21.44%), Vitamin E: 2.97mg (19.8%), Copper: 0.37mg (18.43%), Vitamin B5: 1.68mg (16.83%), Vitamin C: 10.51mg (12.74%), Vitamin B12: 0.71µg (11.9%), Vitamin D: 0.4µg (2.64%)