

Sombrero Chicken

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 bacon strips
- ☐ 1 bunch cilantro leaves fresh chopped
- ☐ 2 tablespoons garlic powder
- ☐ 1 bell pepper green cut into 1/2 inch wide strips
- ☐ 10 ounces monterrey jack cheese shredded
- ☐ 1 onion cut into strips
- ☐ 2 tablespoons fajita seasoning dry
- ☐ 3 pounds chicken breast halves boneless skinless cut into 1 inch strips

☐ 1 large tomatoes ripe chopped

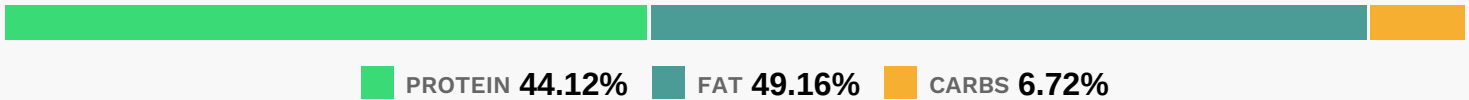
Equipment

☐ frying pan

Directions

- ☐ Fry bacon strips in a large skillet over medium heat until crisp. Keeping the bacon and drippings in the pan, add the bell pepper, onion, and half the cilantro. Stir and cook for 1 minute. Season the chicken with garlic powder and fajita seasoning and stir into the pan. Cook mixture until chicken is no longer pink in the middle, about 20 minutes.
- ☐ Remove skillet from heat and sprinkle the remaining cilantro, tomato, and Monterey Jack cheese over the top of the chicken mixture. Cover and let sit until cheese melts, about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.99, Inflammation Score:-8, Nutrition Score:33.867391026538%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 596.06kcal (29.8%), Fat: 32.18g (49.51%), Saturated Fat: 14.32g (89.51%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 6.51g (2.37%), Sugar: 2.57g (2.85%), Cholesterol: 206.56mg (68.85%), Sodium: 747.06mg (32.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.98g (129.96%), Vitamin B3: 25.44mg (127.2%), Selenium: 86.28µg (123.26%), Vitamin B6: 2mg (100.12%), Phosphorus: 763.84mg (76.38%), Calcium: 456.23mg (45.62%), Vitamin K: 40.36µg (38.44%), Vitamin B5: 3.64mg (36.36%), Potassium: 1169.73mg (33.42%), Vitamin C: 24.69mg (29.92%), Vitamin B2: 0.48mg (28.41%), Magnesium: 98.11mg (24.53%), Zinc: 3.41mg (22.71%), Manganese: 0.4mg (20.13%), Iron: 3.48mg (19.31%), Vitamin B1: 0.29mg (19.03%), Vitamin A: 942.48IU (18.85%), Vitamin B12: 0.99µg (16.54%), Fiber: 3.38g (13.54%), Vitamin E: 1.87mg (12.48%), Folate: 41.35µg (10.34%), Copper: 0.18mg

(8.76%), Vitamin D: 0.63µg (4.18%)