



Southwestern Chicken Bake

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp chili powder
- 1 cup cheddar jack cheese shredded mexican style kraft finely
- 1 lb chicken breasts boneless skinless
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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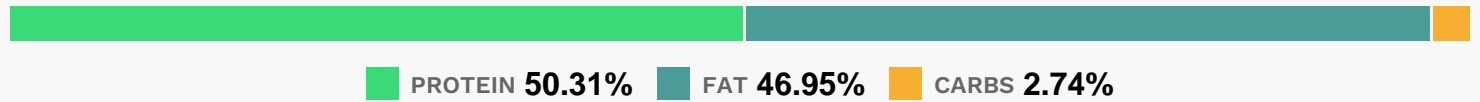
Equipment

- oven
- baking pan

Directions

- Heat oven to 400F.
- Combine coating mix and chili powder in shaker bag. Use to coat chicken as directed on package.
- Place in 8-inch square baking dish.
- Bake 20 min.
- Sprinkle with cheese.
- Bake 10 min. or until chicken is done (165F) and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:0.68, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.5626087078582%

Nutrients (% of daily need)

Calories: 25.02kcal (1.25%), Fat: 1.28g (1.97%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 0.17g (0.06%), Net Carbohydrates: 0.1g (0.04%), Sugar: 0.02g (0.03%), Cholesterol: 10.08mg (3.36%), Sodium: 34.91mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.19%), Selenium: 4.47µg (6.38%), Vitamin B3: 1.21mg (6.04%), Vitamin B6: 0.09mg (4.55%), Phosphorus: 37.35mg (3.74%), Calcium: 21.2mg (2.12%), Vitamin A: 91.01IU (1.82%), Vitamin B5: 0.17mg (1.75%), Vitamin B2: 0.03mg (1.51%), Potassium: 48.03mg (1.37%), Zinc: 0.18mg (1.19%)