



Spicy Tex Mex Chicken Cobbler

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



431 kcal

Ingredients

- ☐ 2 avocado pitted peeled sliced
- ☐ 15 oz black beans rinsed drained canned
- ☐ 10 oz tomatoes diced with lime juice and cilantro canned
- ☐ 0.5 teaspoon chili powder
- ☐ 2 cups roasted chicken cooked chopped
- ☐ 1 eggs
- ☐ 10 oz enchilada sauce canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 tablespoon juice of lime
- ☐ 0.7 cup milk
- ☐ 1 medium onion sliced
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 4 oz cheddar cheese shredded extra-sharp
- ☐ 2 tablespoons vegetable oil
- ☐ 1.5 cups frangelico
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Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Heat oven to 400F. In 10-inch ovenproof skillet, heat oil over medium-high heat. Cook onion in oil 3 to 4 minutes or until tender. Stir in beans, tomatoes, enchilada sauce, chicken, salt, cumin, chili powder, oregano and pepper.
- ☐ Heat to boiling. Reduce heat; simmer uncovered 15 minutes. In medium bowl, stir together Bisquick mix, egg and milk until smooth. Fold in 1/2 cup of the cheese and the cilantro; pour over simmering chicken mixture.
- ☐ Bake 20 minutes or until toothpick inserted in topping comes out clean.
- ☐ Sprinkle avocado slices with lime juice; serve with cobbler.
- ☐ Serve with remaining 1/2 cup cheese.

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:1.5, Inflammation Score:-8, Nutrition Score:21.040000034415%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 430.57kcal (21.53%), Fat: 25.83g (39.74%), Saturated Fat: 7.41g (46.29%), Carbohydrates: 27.38g (9.13%), Net Carbohydrates: 16.2g (5.89%), Sugar: 6.96g (7.73%), Cholesterol: 84.43mg (28.14%), Sodium: 1325.14mg (57.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.97g (49.94%), Fiber: 11.18g (44.74%), Phosphorus: 346.25mg (34.63%), Selenium: 20.99µg (29.99%), Folate: 115.67µg (28.92%), Vitamin B3: 5.73mg (28.66%), Vitamin K: 27.98µg (26.65%), Vitamin B6: 0.53mg (26.37%), Vitamin B2: 0.43mg (25.34%), Potassium: 848.07mg (24.23%), Calcium: 234.92mg (23.49%), Vitamin C: 16.26mg (19.71%), Iron: 3.45mg (19.19%), Vitamin B5: 1.9mg (18.97%), Manganese: 0.38mg (18.78%), Magnesium: 72.28mg (18.07%), Copper: 0.35mg (17.52%), Vitamin A: 865IU (17.3%), Zinc: 2.55mg (16.97%), Vitamin E: 2.44mg (16.26%), Vitamin B1: 0.23mg (15.29%), Vitamin B12: 0.55µg (9.12%), Vitamin D: 0.56µg (3.72%)