

Fresh Mex Keto Shredded Chicken

Yield: 8 min
Total Time: 195 min

Recipe from: <https://www.recipeschoose.com/recipes/buttermilk-italian-dressing-recipe>

Ingredients:

- 1 1/2 pounds chicken breasts about 4 large chicken breasts
- 1/2 cup chicken broth
- 1/2 cup Italian salad dressing
- 1 1/2 teaspoons chili powder
- 1 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon cumin
- 1 pinch cayenne
- 1 teaspoon chopped garlic
- 1/2 teaspoon salt opt.
- 1 lime
- 1 ranch dressing 3 T.of dry mix
- 1 cup mayonnaise
- 1 cup buttermilk
- 3 tomatillos paper-like cover removed washed & quartered
- 1/2 bunch cilantro chopped, woody stems removed below leaves
- 1/4 teaspoon chopped garlic
- 1 lime
- 4 drops sauce green tobacco

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 65 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 20 grams

7. SaturatedFat: 3 grams
 8. Sodium: 730 milligrams
 9. Sugar: 6 grams
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