

Cheesy Mexican Chicken Skillet {low carb/keto}

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/cheesy-mexican-chicken-skillet-recipe>

Ingredients:

- 1 tablespoon butter
- 1/3 cup diced onion
- 1/3 cup green pepper diced
- 3 garlic cloves minced
- 2 cups cooked chicken shredded, I prepared mine in the slow cooker
- 1 can rotel tomatoes
- 12 ounces riced cauliflower steamed
- 2 tablespoons taco seasoning homemade, or taco seasoning packet
- 3/4 cup chicken broth
- 1 1/2 cups cheddar cheese
- 1/2 cup jack cheese Monterrey

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 85 milligrams
4. Fat: 21 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 11 grams
8. Sodium: 380 milligrams
9. Sugar: 4 grams

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