

# Mexican Chicken Casserole Low Carb Keto THM S

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 3 cups chicken shredded
- 8 ounces cream cheese softened
- 16 ounces salsa
- 8 ounces shredded cheddar cheese
- 3/4 teaspoon ground chipotle pepper or taco seasoning

## Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 230 milligrams
4. Fat: 43 grams
5. Fiber: 2 grams
6. Protein: 54 grams
7. SaturatedFat: 24 grams
8. Sodium: 1350 milligrams
9. Sugar: 6 grams

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