

Keto Mexican Cheesy Chicken Skillet

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-keto-mexican-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
- lettuce
- sour cream
- grape tomatoes sliced
- cilantro
- salsa
- avocado sliced
- guacamole
- jalapenos

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 130 milligrams
4. Fat: 35 grams
5. Fiber: 5 grams
6. Protein: 37 grams

7. SaturatedFat: 17 grams
 8. Sodium: 690 milligrams
 9. Sugar: 6 grams
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