

Mexican Chicken For Tacos... Ay Caramba!

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 1/2 tablespoons chili powder
- 2 teaspoons cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion salt
- salt
- pepper
- 2 tablespoons olive oil
- 1 tablespoon butter
- water A little, or chicken broth, optional
- salsa
- 2 cans roasted tomatoes fire-
- 1 lime
- 2 cloves garlic pushed through a press
- 2 jalapeno peppers chopped
- 1 handful fresh cilantro chopped
- 1/2 cup chopped onion
- salt
- pepper

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 85 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 27 grams

7. SaturatedFat: 4 grams
 8. Sodium: 630 milligrams
 9. Sugar: 2 grams
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