

Mexican Chicken

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 2 tablespoons olive oil
- 1/2 cup diced onion
- 3 cloves garlic minced
- 2 cups chicken cooked and shredded
- 2/3 cup red enchilada sauce
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 2 tablespoons chopped cilantro optional

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 75 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 2 grams
8. Sodium: 440 milligrams
9. Sugar: 4 grams

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