

Bob's Mexican Stuffed Chicken

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-apple-baked-cinnamon-mexican-crispy-cornflake>

Ingredients:

- 2 cups corn flakes crushed
- 1 tablespoon chili powder
- 1 1/4 ounces fajita seasoning
- 1/4 cup red bell pepper chopped
- 1/4 cup yellow bell pepper chopped
- 1/4 cup orange bell pepper chopped
- 1/3 cup fresh mushrooms chopped
- 1/2 red onion medium, diced
- 4 skinless boneless chicken breast halves pounded thin
- 1 cup shredded cheddar cheese divided
- 1/4 cup salsa

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 30 milligrams
4. Fat: 10 grams
5. Fiber: 4 grams
6. Protein: 9 grams
7. SaturatedFat: 6 grams
8. Sodium: 1020 milligrams
9. Sugar: 5 grams

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