

Mexican Style Shredded Chicken

Yield: 4 min
Total Time: 425 min

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

Ingredients:

- chicken
- 16 ounces chicken breast skinless, boneless, frozen
- 1 1/2 cups tomatoes diced, canned, no salt added
- 1/2 cup green chili Diced, 's, 4oz can
- 1 1/2 cups bell peppers frozen, I used a frozen Pepper medley
- 2 tablespoons taco seasoning
- 1 cup chicken broth low sodium
- cooking spray
- 1/2 cup non-fat milk
- 1/2 cup mayonnaise reduced fat
- 1/4 cup greek yogurt plain, non-fat
- 1 tablespoon jalapeno diced, fresh or canned
- 2 tablespoons onion finely diced
- 1 garlic clove fresh, minced
- 1/2 teaspoon salt

Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 330 milligrams
4. Fat: 26 grams
5. Fiber: 2 grams
6. Protein: 104 grams
7. SaturatedFat: 7 grams
8. Sodium: 1070 milligrams
9. Sugar: 8 grams

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