

# Keto Chicken Enchilada Bowl

Yield: 5 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/new-mexico-green-chile-cheese-enchilada-recipe>

## Ingredients:

- 3 chicken breasts
- 3/4 cup red enchilada sauce
- 1/4 cup water
- 1/4 cup onion
- 4 ounces green chiles
- 12 ounces cauliflower rice steam bag
- avocado
- jalapeno
- cheese
- Roma tomatoes
- seasoning to taste

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 50 milligrams
4. Fat: 6 grams
5. Fiber: 4 grams
6. Protein: 19 grams
7. SaturatedFat: 2 grams
8. Sodium: 460 milligrams
9. Sugar: 6 grams

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