

# Cheese Puff Chicken

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/real-cheese-puff-mexican-restaurant-recipe>

## Ingredients:

- 1 package cheese puffs Nutrisystem
- 4 ounces fat free greek yogurt
- 9 ounces boneless skinless chicken breast
- 1 teaspoon Italian seasoning

## Nutrition:

1. Calories: 70 calories
2. Cholesterol: 40 milligrams
3. Fat: 2 grams
4. Protein: 13 grams
5. SaturatedFat: 0.5 grams
6. Sodium: 75 milligrams

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