

Low Carb Mexican Chicken Casserole

Yield: 10 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/slow-carb-recipe-mexican>

Ingredients:

- 1 pound boneless skinless chicken breast
- 2 tablespoons olive oil
- 1 red bell pepper
- 1 red onion or White
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 2 teaspoons dried oregano
- 1/2 cup sour cream
- 1 cup salsa spicy or mild depending on preference
- 1/4 cup heavy cream
- 1 cup pepper jack cheese shredded
- cilantro to garnish, optional

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 55 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 14 grams
7. SaturatedFat: 6 grams
8. Sodium: 760 milligrams
9. Sugar: 2 grams

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