

Easy Mexican Chicken Bowl

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1 pound chicken breast cut into bite sized pieces
- 1 cup onion sliced
- 1 cup red bell pepper
- 2 teaspoons garlic salt
- 1 teaspoon smoked paprika
- 1 tablespoon taco seasoning
- 14 ounces canned tomatoes fire-roasted
- 2 cups cooked rice
- 1 cup green onion sliced

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 75 milligrams
4. Fat: 3.5 grams
5. Fiber: 5 grams
6. Protein: 27 grams
7. SaturatedFat: 1 grams
8. Sodium: 320 milligrams
9. Sugar: 4 grams

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