

# Keto Fajita Casserole

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/trader-joe-s-mexican-style-cauliflower-rice-recipe>

## Ingredients:

- 2 pounds chicken breasts boneless and skinless, 3 to 4 large breasts
- 1 1/2 teaspoons salt
- 1/4 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 2 tablespoons butter divided, or oil, for frying
- 4 1/2 ounces orange bell pepper chopped
- 4 1/2 ounces red bell pepper chopped
- 2 1/2 ounces red onion chopped
- 2 cups cauliflower rice frozen or fresh
- 8 tablespoons queso store bought, not melted, I used Gordo's brand
- 1 cup shredded Monterey Jack cheese
- cilantro optional

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 205 milligrams
4. Fat: 26 grams
5. Fiber: 3 grams
6. Protein: 61 grams
7. SaturatedFat: 14 grams
8. Sodium: 1500 milligrams
9. Sugar: 5 grams

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