



Baked Chicken and Rice With Black Beans

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz black beans drained canned
- ☐ 10 oz canned tomatoes diced green undrained canned
- ☐ 0.5 cup carrots chopped
- ☐ 2 cups roasted chicken cubed cooked
- ☐ 0.5 cup bell pepper green chopped
- ☐ 8 oz monterrey jack cheese grated
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped

☐ 10 oz rice yellow

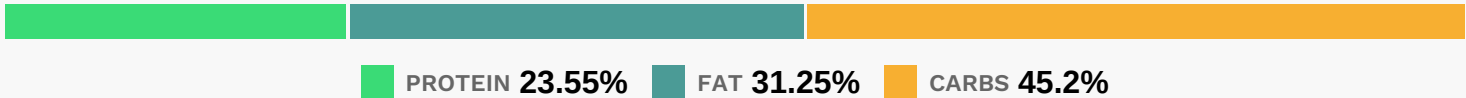
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Prepare rice according to package directions.
- ☐ Meanwhile, saut onion, bell pepper, and carrot in hot oil in a medium skillet over medium heat 10 minutes or until tender.
- ☐ Combine hot cooked rice, onion mixture, chicken, beans, diced tomatoes and chiles, and 1 1/2 cups cheese in a large bowl. Spoon into a lightly greased 3-qt. or 13- x 9-inch baking dish; sprinkle with remaining 1/2 cup cheese.
- ☐ Bake, covered, at 350 for 30 minutes; uncover and bake 10 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:18.52, Inflammation Score:-8, Nutrition Score:16.005217236021%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 381.86kcal (19.09%), Fat: 13.2g (20.31%), Saturated Fat: 6.42g (40.15%), Carbohydrates: 42.98g (14.33%), Net Carbohydrates: 37.45g (13.62%), Sugar: 3.19g (3.55%), Cholesterol: 51.48mg (17.16%), Sodium: 455.65mg

(19.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.39g (44.77%), Vitamin A: 1682.01IU (33.64%), Manganese: 0.63mg (31.6%), Phosphorus: 313.03mg (31.3%), Selenium: 19.08µg (27.26%), Calcium: 264.45mg (26.45%), Fiber: 5.52g (22.1%), Vitamin B3: 4.26mg (21.3%), Vitamin B6: 0.36mg (18.12%), Vitamin C: 14.13mg (17.13%), Vitamin B2: 0.27mg (16.13%), Zinc: 2.22mg (14.78%), Copper: 0.29mg (14.57%), Iron: 2.49mg (13.83%), Potassium: 482.53mg (13.79%), Magnesium: 53.45mg (13.36%), Folate: 52.97µg (13.24%), Vitamin B1: 0.17mg (11.44%), Vitamin B5: 1.01mg (10.11%), Vitamin E: 0.9mg (5.99%), Vitamin B12: 0.34µg (5.61%), Vitamin K: 5.5µg (5.24%), Vitamin D: 0.17µg (1.13%)