



Black Bean and Corn Pasta with Chicken

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



307 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 chicken breast halves boneless cooked cut into bite-sized pieces
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced with juice canned
- ☐ 1 cup corn kernels fresh
- ☐ 16 ounce shells
- ☐ 1 dash pepper sauce hot
- ☐ 8 servings salt and pepper to taste
- ☐ 1 dash worcestershire sauce

Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a large skillet over low heat, cook corn and black beans, 2 minutes. Stir in the tomatoes, reserving their juice. Season with salt and pepper, and cook 2 minutes more.
- ☐ Pour in enough tomato juice to cover and season with hot pepper sauce and Worcestershire. Increase heat slightly, stir in chicken, and heat through, 3 to 5 minutes. Spoon over cooked pasta.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:17.02, Inflammation Score:-5, Nutrition Score:13.027391300253%

Nutrients (% of daily need)

Calories: 306.61kcal (15.33%), Fat: 1.99g (3.06%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 54.55g (18.18%), Net Carbohydrates: 48.71g (17.71%), Sugar: 2.66g (2.96%), Cholesterol: 18.08mg (6.03%), Sodium: 438.75mg (19.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.19g (34.38%), Selenium: 45.67µg (65.25%), Manganese: 0.68mg (33.9%), Phosphorus: 240.1mg (24.01%), Fiber: 5.84g (23.38%), Vitamin B3: 4.56mg (22.81%), Vitamin B6: 0.34mg (16.91%), Magnesium: 62.73mg (15.68%), Copper: 0.28mg (14.19%), Folate: 51.38µg (12.85%), Potassium: 444.68mg (12.71%), Vitamin B1: 0.17mg (11.45%), Iron: 1.95mg (10.86%), Zinc: 1.33mg (8.9%), Vitamin B5: 0.87mg (8.75%), Vitamin B2: 0.14mg (8.01%), Vitamin C: 3.03mg (3.68%), Calcium: 32.54mg (3.25%)