



Black Beans and Rice with Chicken and Apple Salsa



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



942 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups rice white cooked
- ☐ 30 ounce black beans rinsed drained canned
- ☐ 1.5 teaspoons chili powder
- ☐ 0.5 cup cilantro leaves divided chopped
- ☐ 0.8 teaspoon cumin seeds
- ☐ 3 garlic clove minced
- ☐ 1 cup apples i use 2 granny smith apples peeled chopped

- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 1 teaspoon ground coriander
- ☐ 6 servings pepper black freshly ground
- ☐ 1 teaspoon juice of lime fresh ()
- ☐ 4 lime wedges
- ☐ 3 cups chicken broth
- ☐ 0.3 cup onion red divided finely chopped
- ☐ 2 pound rotisserie chicken cut shredded
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine apple, 1/4 cup cilantro, 2 tablespoons onion, and 1 teaspoon lime juice in a small bowl; toss to coat. Set apple salsa aside.
- ☐ Combine remaining onion, bell pepper, and oil in a large skillet. Cook over medium heat, stirring often, until completely softened, 6–7 minutes.
- ☐ Add garlic and next 3 ingredients; stir constantly for 2 minutes. Stir in broth and beans; bring to a boil. Reduce heat to medium; simmer briskly, mashing some of the beans with the back of a spoon and stirring often, until sauce is thickened, 8–10 minutes. Season with salt, pepper, and more lime juice, if desired.
- ☐ Divide rice and beans among plates. Top with some chicken and apple salsa.
- ☐ Garnish with remaining 1/4 cup cilantro and lime wedges.
- ☐ calories, 9 g fat, 51 g carbohydrate
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:43.53, Glycemic Load:60.77, Inflammation Score:-6, Nutrition Score:21.773913041405%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 5.23mg, Hesperetin: 5.23mg, Hesperetin: 5.23mg, Hesperetin: 5.23mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 942.3kcal (47.12%), Fat: 19.11g (29.39%), Saturated Fat: 4.55g (28.45%), Carbohydrates: 130.09g (43.36%), Net Carbohydrates: 117.14g (42.6%), Sugar: 3.36g (3.73%), Cholesterol: 145.15mg (48.38%), Sodium: 1121.23mg (48.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.88g (123.76%), Manganese: 1.77mg (88.44%), Fiber: 12.95g (51.8%), Phosphorus: 346.33mg (34.63%), Copper: 0.65mg (32.27%), Selenium: 20.99µg (29.99%), Folate: 101.57µg (25.39%), Iron: 4.44mg (24.66%), Vitamin B3: 4.67mg (23.33%), Magnesium: 88.82mg (22.21%), Potassium: 775.6mg (22.16%), Vitamin B1: 0.31mg (20.57%), Vitamin C: 16.76mg (20.32%), Vitamin B6: 0.37mg (18.38%), Vitamin B2: 0.29mg (17%), Vitamin B5: 1.59mg (15.93%), Zinc: 2.35mg (15.67%), Vitamin K: 14.51µg (13.82%), Calcium: 107.46mg (10.75%), Vitamin A: 296.22IU (5.92%), Vitamin E: 0.84mg (5.59%), Vitamin B12: 0.12µg (1.97%)