



Broiled Chicken with Bean-and-Corn Salsa

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce no-salt-added black beans drained canned
- 4.5 ounce chiles green undrained chopped canned
- 8 ounce no-salt-added whole-kernel corn drained canned
- 0.3 cup green onions sliced
- 2 tablespoons oil with garlic, jalapeño pepper, cilantro, and lime, divided southwestern-style
- 0.5 teaspoon pepper
- 2 ounce pimento diced drained
- 0.3 teaspoon salt

16 ounce skinned

Equipment

bowl

broiler pan

Directions

Place chicken in a shallow dish; sprinkle pepper and salt over both sides of chicken, and drizzle with 1 tablespoon oil. Cover and marinate in refrigerator 20 minutes.

Combine the remaining oil, green onions, beans, corn, chiles, and pimento in a medium bowl; stir well.

Place chicken on broiler pan coated with cooking spray, and broil 6 minutes on each side or until done.

Cut chicken into thin slices.

Spoon bean mixture onto individual plates, and top with sliced chicken.

Garnish with cilantro sprigs, if desired.

Nutrition Facts



PROTEIN 43.4% **FAT 12.05%** **CARBS 44.55%**

Properties

Glycemic Index:42.75, Glycemic Load:5.16, Inflammation Score:-8, Nutrition Score:25.286087036133%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 320.93kcal (16.05%), Fat: 4.36g (6.71%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 36.29g (12.1%), Net Carbohydrates: 24.81g (9.02%), Sugar: 3.14g (3.49%), Cholesterol: 72.57mg (24.19%), Sodium: 524.35mg (22.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.36g (70.72%), Vitamin B3: 13.28mg (66.38%), Selenium: 38.08µg (54.4%), Folate: 206.3µg (51.57%), Vitamin B6: 1.02mg (51.2%), Fiber: 11.48g (45.93%), Phosphorus: 422.34mg (42.23%), Vitamin C: 29.15mg (35.33%), Manganese: 0.61mg (30.49%), Magnesium: 115.27mg (28.82%), Potassium: 956.86mg (27.34%), Vitamin B1: 0.36mg (24.2%), Vitamin B5: 2.11mg (21.12%), Iron: 3.64mg (20.24%),

Vitamin K: 15.64µg (14.89%), Vitamin B2: 0.25mg (14.84%), Copper: 0.29mg (14.45%), Zinc: 2.12mg (14.13%), Vitamin A: 559.61IU (11.19%), Calcium: 54.38mg (5.44%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.43mg (2.85%)