



Cajun Succotash With Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

SIDE DISH

Ingredients

- 2 teaspoons cajun spice
- 8.5 ounce lima beans *soaked overnight drained and rinsed canned
- 14.5 ounce canned tomatoes diced with garlic and onion, drained canned
- 10 ounce kernel corn whole frozen thawed
- 2 garlic cloves pressed
- 10 ounce okra frozen thawed sliced
- 4 chicken breasts boneless skinless cut into thin strips

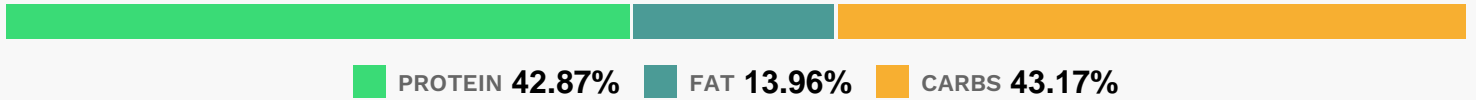
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 45
- Tear off 4 (12- x 18-inch) foil sheets.
- Stir together chicken and remaining ingredients.
- Place one-fourth of mixture in center of each foil sheet.
- Bring up 2 sides of each foil sheet, and double fold with about 1-inch-wide folds. Double fold each end to form a packet, leaving room for heat circulation inside packet.
- Place on a baking sheet.
- Bake at 450 for 20 to 22 minutes. Open foil packets carefully, allowing steam to escape.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:5.43, Inflammation Score:-9, Nutrition Score:27.837826086127%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.89mg, Quercetin: 14.89mg, Quercetin: 14.89mg, Quercetin: 14.89mg

Nutrients (% of daily need)

Calories: 290.19kcal (14.51%), Fat: 4.6g (7.08%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 32.02g (10.67%), Net Carbohydrates: 24.53g (8.92%), Sugar: 5.69g (6.32%), Cholesterol: 72.32mg (24.11%), Sodium: 590.57mg (25.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.8g (63.59%), Vitamin B3: 14.57mg (72.86%), Vitamin B6: 1.25mg (62.39%), Selenium: 40.26µg (57.51%), Manganese: 1.06mg (53.14%), Phosphorus: 392.49mg (39.25%), Vitamin C: 28.79mg (34.9%), Potassium: 1174.68mg (33.56%), Magnesium: 123.78mg (30.94%), Fiber: 7.49g (29.97%), Folate: 111.61µg (27.9%), Vitamin K: 28.68µg (27.32%), Vitamin A: 1254.98IU (25.1%), Vitamin B1: 0.34mg (22.75%), Vitamin B5: 2.26mg (22.6%), Copper: 0.44mg (21.89%), Iron: 3.68mg (20.43%), Vitamin B2: 0.25mg (14.94%), Zinc: 1.99mg (13.3%), Vitamin E: 1.98mg (13.22%), Calcium: 117.78mg (11.78%), Vitamin B12: 0.23µg (3.77%)