



Cheesy BBQ Skillet

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cups original barbecue sauce kraft
- 1 cup black beans canned rinsed drained
- 2 cups rice white instant uncooked
- 1.5 cups cheddar cheese shredded divided kraft
- 1 lb chicken breast boneless skinless cut into strips
- 1.5 cups water

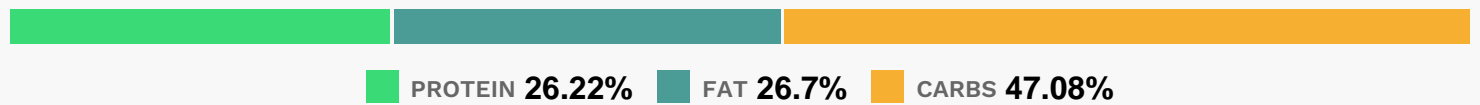
Equipment

- frying pan

Directions

- Cook and stir chicken in large skillet sprayed with cooking spray on medium-high heat 4 to 5 minutes or until cooked through.
- Stir in rice, barbecue sauce and water. Bring to boil. Reduce heat to low; cover. Simmer 5 minutes or until liquid is absorbed.
- Add beans and 1 cup of the cheese; mix lightly.
- Sprinkle with remaining 1/2 cup cheese; cover. Cook until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:18.064782588378%

Nutrients (% of daily need)

Calories: 418.45kcal (20.92%), Fat: 12.22g (18.79%), Saturated Fat: 5.94g (37.12%), Carbohydrates: 48.48g (16.16%), Net Carbohydrates: 45.53g (16.56%), Sugar: 15.93g (17.7%), Cholesterol: 76.63mg (25.54%), Sodium: 879.32mg (38.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.99g (53.99%), Selenium: 43.84µg (62.63%), Vitamin B3: 10.37mg (51.85%), Phosphorus: 362.46mg (36.25%), Vitamin B6: 0.67mg (33.61%), Folate: 106.23µg (26.56%), Vitamin B1: 0.37mg (24.88%), Calcium: 237.35mg (23.74%), Manganese: 0.42mg (21.17%), Iron: 2.98mg (16.56%), Vitamin B2: 0.27mg (15.84%), Potassium: 508.09mg (14.52%), Vitamin B5: 1.45mg (14.49%), Zinc: 2.13mg (14.18%), Magnesium: 48.12mg (12.03%), Fiber: 2.95g (11.81%), Copper: 0.18mg (8.96%), Vitamin A: 413.66IU (8.27%), Vitamin B12: 0.45µg (7.51%), Vitamin E: 0.75mg (4.99%), Vitamin C: 1.97mg (2.38%), Vitamin D: 0.25µg (1.63%), Vitamin K: 1.72µg (1.63%)