



 **68%**  
HEALTH SCORE

## Chicken Santa Fe

 **Gluten Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**513 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 15 ounce black beans rinsed drained canned
- 15.3 ounce regular corn with red and green peppers, undrained canned
- 16 ounce pinto beans rinsed drained canned
- 4 servings toppings: cream shredded sour sliced
- 4 servings garnish: green onions whole
- 4 servings lettuce shredded
- 2 poblano chile peppers chopped
- 1 small bell pepper red chopped

- 2 tablespoons fajita seasoning
- 4 chicken breasts boneless skinless

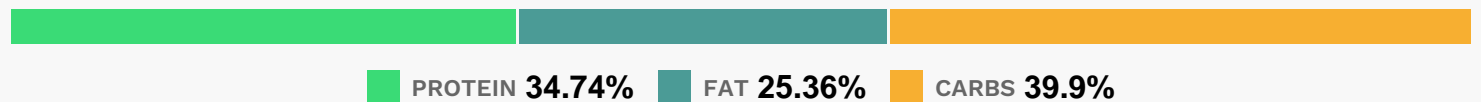
## Equipment

- baking sheet
- oven
- aluminum foil

## Directions

- Preheat oven to 45
- Tear off 4 (12- x 18-inch) foil sheets.
- Place 1 chicken breast in center of each foil sheet.
- Stir together peppers, beans, corn, and fajita seasoning, and spoon evenly on top of chicken.
- 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 packets on a baking sheet.
- Bake at 450 for 22 minutes or until chicken is done. Open foil packets carefully, allowing steam to escape.
- Serve over lettuce on individual serving plates with desired toppings.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:48.25, Glycemic Load:7.01, Inflammation Score:-10, Nutrition Score:46.109565454981%

## Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 8.03mg, Luteolin: 8.03mg, Luteolin: 8.03mg, Luteolin: 8.03mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.65mg,

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## Nutrients (% of daily need)

Calories: 513.25kcal (25.66%), Fat: 14.86g (22.87%), Saturated Fat: 6.85g (42.84%), Carbohydrates: 52.62g (17.54%), Net Carbohydrates: 32.47g (11.81%), Sugar: 8.25g (9.17%), Cholesterol: 102.32mg (34.11%), Sodium: 1056.9mg (45.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.81g (91.61%), Vitamin C: 167.23mg (202.7%), Vitamin K: 96.47µg (91.87%), Fiber: 20.16g (80.62%), Vitamin B6: 1.56mg (77.85%), Vitamin B3: 14.23mg (71.17%), Manganese: 1.34mg (67.16%), Selenium: 46.51µg (66.44%), Phosphorus: 663.13mg (66.31%), Potassium: 1649.13mg (47.12%), Calcium: 464.72mg (46.47%), Iron: 7.98mg (44.32%), Folate: 175.33µg (43.83%), Vitamin A: 2170.4IU (43.41%), Magnesium: 158.48mg (39.62%), Copper: 0.62mg (30.8%), Vitamin B2: 0.52mg (30.57%), Vitamin B1: 0.45mg (29.81%), Vitamin B5: 2.46mg (24.62%), Zinc: 3.59mg (23.9%), Vitamin E: 3.54mg (23.61%), Vitamin B12: 0.54µg (9.07%), Vitamin D: 0.29µg (1.95%)