



Chicken with Black Bean Salsa

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon butter
- 0.5 cup black beans canned rinsed drained
- 4 cherry tomatoes quartered
- 6 ounce chicken breast boneless skinless
- 1 teaspoon olive oil extravirgin
- 0.3 cup ears corn fresh
- 0.1 teaspoon ground coriander
- 1 teaspoon jalapeno seeded chopped

- 1 teaspoon juice of lime fresh
- 1 Dash pepper black freshly ground
- 1 tablespoon onion red chopped
- 0.1 teaspoon salt
- 1 Dash salt

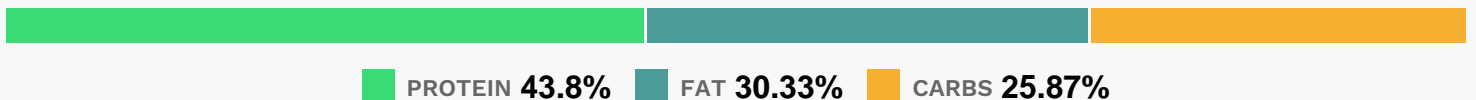
Equipment

- frying pan

Directions

- To prepare salsa, combine first 9 ingredients, tossing well to combine.
- To prepare chicken, heat butter in a small nonstick skillet coated with cooking spray over medium-high heat.
- Sprinkle chicken with dash of salt and black pepper.
- Add chicken to pan; cook 6 minutes on each side or until done.
- Serve with salsa and lime slice, if desired.

Nutrition Facts



Properties

Glycemic Index:141, Glycemic Load:0.28, Inflammation Score:-7, Nutrition Score:27.039129998373%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 394.49kcal (19.72%), Fat: 13.35g (20.54%), Saturated Fat: 4.29g (26.83%), Carbohydrates: 25.63g (8.54%), Net Carbohydrates: 18.04g (6.56%), Sugar: 4.68g (5.2%), Cholesterol: 119.61mg (39.87%), Sodium: 902.9mg (39.26%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 43.39g (86.78%), Vitamin B3: 19.37mg (96.84%), Selenium: 56.3µg (80.43%), Vitamin B6: 1.44mg (72.2%), Phosphorus: 508.67mg (50.87%), Vitamin C: 30.55mg (37.04%), Potassium: 1179.01mg (33.69%), Fiber: 7.59g (30.38%), Vitamin B5: 2.97mg (29.71%), Magnesium: 97.11mg (24.28%), Folate: 87.25µg (21.81%), Vitamin B1: 0.32mg (21.25%), Manganese: 0.39mg (19.67%), Vitamin B2: 0.32mg (18.69%), Iron: 3.03mg (16.83%), Copper: 0.29mg (14.66%), Vitamin A: 636.87IU (12.74%), Zinc: 1.76mg (11.73%), Vitamin E: 1.61mg (10.76%), Vitamin K: 6.27µg (5.97%), Vitamin B12: 0.35µg (5.81%), Calcium: 54.07mg (5.41%), Vitamin D: 0.17µg (1.13%)