



Chicken with Black Beans & Ham

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

READY IN



50 min.

SERVINGS



50

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 30 oz black beans rinsed canned
- 14 oz canned tomatoes undrained canned
- 3 lb broiler-fryer chicken
- 3 cups rice long-grain white hot cooked
- 6 oz oscar mayer honey ham chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 onion chopped
- 1 jalapeño pepper seeded chopped

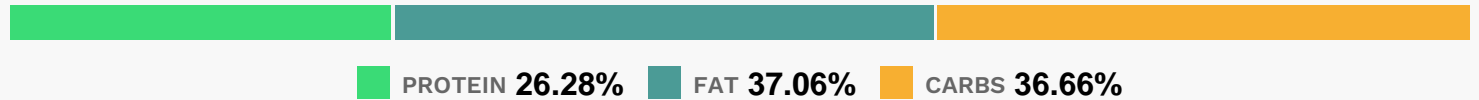
Equipment

- frying pan
- dutch oven

Directions

- Heat dressing in Dutch oven or large deep skillet on medium-high heat.
- Add chicken; cook 10 min. or until evenly browned, turning after 5 min.
- Remove chicken from pan, reserving drippings in pan; set chicken aside.
- Add onions and ham to pan; cook 5 min. or until onions are crisp-tender, stirring frequently. Stir in beans, tomatoes and peppers; top with chicken.
- Bring to boil; cover. Simmer on low heat 20 min. or until chicken is done (165F).
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:4.12, Glycemic Load:3.08, Inflammation Score:-1, Nutrition Score:2.9756521647391%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 70.45kcal (3.52%), Fat: 2.89g (4.44%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 5.02g (1.83%), Sugar: 0.57g (0.64%), Cholesterol: 11.91mg (3.97%), Sodium: 137.18mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.21%), Vitamin B3: 1.28mg (6.42%), Fiber: 1.4g (5.62%), Manganese: 0.11mg (5.38%), Selenium: 3.67µg (5.24%), Phosphorus: 52.32mg (5.23%), Vitamin B6: 0.09mg (4.61%), Vitamin B1: 0.06mg (4.08%), Potassium: 117.85mg (3.37%), Iron: 0.6mg (3.35%), Folate: 13µg (3.25%), Copper: 0.06mg (3.21%), Magnesium: 12.25mg (3.06%), Vitamin B2: 0.05mg (2.92%), Zinc: 0.41mg (2.76%), Vitamin B5: 0.23mg (2.28%), Vitamin C: 1.57mg (1.9%), Vitamin K: 1.32µg (1.25%), Vitamin E: 0.18mg (1.21%), Calcium: 12.02mg (1.2%), Vitamin B12: 0.06µg (1.04%)