



Chicken with Southwestern Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 teaspoon bottled garlic minced
- 15.5 ounce black beans rinsed drained canned
- 1 tablespoon canola oil divided
- 8.8 ounce no-salt-added kernel corn whole drained canned
- 0.3 cup cilantro leaves fresh chopped
- 0.8 teaspoon ground coriander divided
- 1 teaspoon ground cumin divided

- 0.1 teaspoon ground pepper red
- 2 tablespoons juice of lime fresh
- 0.5 cup prechopped onion
- 0.3 cup plum tomatoes chopped
- 0.5 teaspoon salt
- 24 ounce chicken breast halves boneless skinless

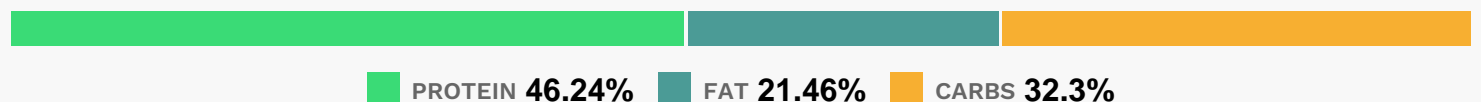
Equipment

- bowl
- frying pan

Directions

- Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- Combine 1/2 teaspoon cumin, 1/2 teaspoon coriander, salt, black pepper, and red pepper; sprinkle mixture evenly over chicken.
- Add chicken to pan; cook 7 minutes on each side or until done.
- While chicken cooks, heat the remaining 1 teaspoon oil in a small skillet over medium-high heat.
- Add onion to pan; saut 1 minute.
- Add garlic to pan; saut 30 seconds.
- Transfer onion mixture to a large bowl; add remaining 1/2 teaspoon cumin, remaining 1/4 teaspoon coriander, tomato, and remaining ingredients to onion mixture, tossing well.
- Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:0.76, Inflammation Score:-7, Nutrition Score:26.905217414317%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 385.39kcal (19.27%), Fat: 9.25g (14.23%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 21.58g (7.85%), Sugar: 4.29g (4.76%), Cholesterol: 108.86mg (36.29%), Sodium: 1040.59mg (45.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.84g (89.68%), Vitamin B3: 19.25mg (96.25%), Selenium: 56.66µg (80.95%), Vitamin B6: 1.42mg (71.05%), Phosphorus: 522.76mg (52.28%), Fiber: 9.74g (38.96%), Potassium: 1161.17mg (33.18%), Vitamin B5: 2.91mg (29.12%), Folate: 105.06µg (26.27%), Magnesium: 99.46mg (24.87%), Manganese: 0.47mg (23.43%), Vitamin B2: 0.37mg (21.99%), Vitamin B1: 0.31mg (20.77%), Iron: 3.44mg (19.1%), Vitamin C: 13.26mg (16.07%), Copper: 0.31mg (15.74%), Zinc: 1.92mg (12.78%), Vitamin E: 1.18mg (7.87%), Vitamin K: 7.92µg (7.54%), Vitamin A: 352.34IU (7.05%), Calcium: 67.51mg (6.75%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)