



WHATSheATE

## Creamy Arroz con Pollo



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 15 ounce black beans rinsed drained progresso® canned
- ☐ 1 cup valley corn fresh green frozen giant® steamers®
- ☐ 1 cup regular rice long-grain white uncooked
- ☐ 16 ounce chicken breasts boneless skinless

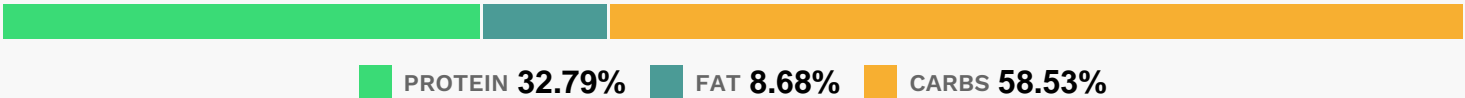
### Equipment

- ☐ frying pan

# Directions

- ☐ Sprinkle chicken breasts with salt and pepper to taste. In 12-inch skillet, heat 1 tablespoon vegetable oil over medium-high heat until hot. Cook chicken in oil 4 to 5 minutes or until browned, turning once.
- ☐ Remove from skillet; cover to keep warm.
- ☐ Stir rice, cooking sauce and 1 1/2 cups water into skillet.
- ☐ Heat to boiling; cook 5 minutes, stirring frequently. Stir in beans and frozen corn; heat to boiling.
- ☐ Return chicken to skillet. Reduce heat; cover and simmer 20 to 25 minutes or until liquid is absorbed, rice is tender and juice of chicken is clear when center of thickest part is cut (at least 165 degrees F).
- ☐ Sprinkle with olives and green onions.

## Nutrition Facts



## Properties

Glycemic Index:29.17, Glycemic Load:26.23, Inflammation Score:-5, Nutrition Score:22.008261054754%

## Nutrients (% of daily need)

Calories: 431.79kcal (21.59%), Fat: 4.13g (6.35%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 62.66g (20.89%), Net Carbohydrates: 53.8g (19.56%), Sugar: 1.8g (2%), Cholesterol: 72.57mg (24.19%), Sodium: 542.47mg (23.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.1g (70.19%), Vitamin B3: 13.87mg (69.37%), Selenium: 44.73µg (63.9%), Vitamin B6: 1.04mg (51.86%), Phosphorus: 435.78mg (43.58%), Manganese: 0.83mg (41.61%), Fiber: 8.86g (35.44%), Vitamin B5: 2.59mg (25.85%), Potassium: 884.13mg (25.26%), Magnesium: 88.26mg (22.07%), Folate: 81.94µg (20.49%), Vitamin B1: 0.29mg (19.31%), Copper: 0.36mg (17.77%), Vitamin B2: 0.29mg (16.8%), Iron: 2.98mg (16.57%), Zinc: 1.97mg (13.16%), Vitamin C: 6.35mg (7.7%), Calcium: 56.98mg (5.7%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 139.53IU (2.79%), Vitamin E: 0.3mg (2.01%)