



Easy Chicken and Beans

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 1.3 pounds chicken breast halves boneless skinless cut into 1-inch pieces
- 2 teaspoons chili powder
- 15 ounces pinto beans black rinsed drained canned
- 11 ounces corn whole with red and green peppers, undrained canned
- 1 serving salsa
- 1 serving flour tortilla

Equipment

frying pan

wok

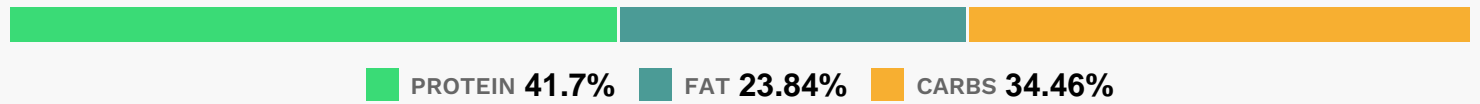
Directions

Heat oil in 10-inch skillet or wok over medium-high heat. Cook chicken in oil over medium-high heat 3 to 4 minutes, stirring occasionally, until no longer pink in center.

Stir in chili powder, beans and corn. Cook over medium-high heat 4 to 5 minutes, stirring frequently, until hot.

Serve with salsa and tortillas.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:6.23, Inflammation Score:-6, Nutrition Score:21.559565375681%

Nutrients (% of daily need)

Calories: 364.6kcal (18.23%), Fat: 9.54g (14.67%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 31.03g (10.34%), Net Carbohydrates: 25.38g (9.23%), Sugar: 1.74g (1.93%), Cholesterol: 90.72mg (30.24%), Sodium: 700.5mg (30.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.55g (75.1%), Vitamin B3: 16.21mg (81.07%), Selenium: 47.31µg (67.58%), Vitamin B6: 1.18mg (58.99%), Phosphorus: 448.45mg (44.84%), Potassium: 957.83mg (27.37%), Manganese: 0.47mg (23.3%), Fiber: 5.64g (22.58%), Vitamin B5: 2.2mg (22.02%), Magnesium: 84.85mg (21.21%), Folate: 61.44µg (15.36%), Iron: 2.74mg (15.21%), Vitamin B1: 0.2mg (13.38%), Copper: 0.26mg (12.88%), Vitamin B2: 0.2mg (11.97%), Zinc: 1.73mg (11.56%), Vitamin E: 1.63mg (10.88%), Vitamin K: 10.7µg (10.19%), Vitamin A: 377.42IU (7.55%), Calcium: 75.1mg (7.51%), Vitamin C: 3.93mg (4.76%), Vitamin B12: 0.28µg (4.72%)