



Easy Chicken and Beans

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

frying pan

wok

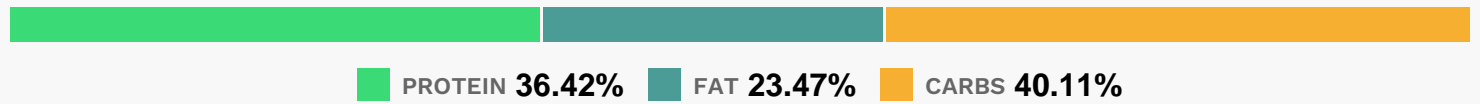
Directions

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:9.74, Inflammation Score:-7, Nutrition Score:24.89086940755%

Nutrients (% of daily need)

Calories: 440.41kcal (22.02%), Fat: 11.38g (17.51%), Saturated Fat: 2.52g (15.78%), Carbohydrates: 43.76g (14.59%), Net Carbohydrates: 36.9g (13.42%), Sugar: 3.49g (3.88%), Cholesterol: 90.72mg (30.24%), Sodium: 1023.54mg (44.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.74g (79.48%), Vitamin B3: 17.48mg (87.39%), Selenium: 52.54µg (75.06%), Vitamin B6: 1.24mg (61.77%), Phosphorus: 502.48mg (50.25%), Manganese: 0.6mg (30.22%), Potassium: 1047.88mg (29.94%), Fiber: 6.86g (27.46%), Magnesium: 93.4mg (23.35%), Vitamin B5: 2.29mg (22.87%), Vitamin B1: 0.32mg (21.49%), Folate: 83.55µg (20.89%), Iron: 3.66mg (20.31%), Vitamin B2: 0.27mg (16.16%), Copper: 0.3mg (14.83%), Vitamin E: 1.93mg (12.83%), Vitamin K: 13.33µg (12.69%), Zinc: 1.9mg (12.68%), Calcium: 114.67mg (11.47%), Vitamin A: 492.62IU (9.85%), Vitamin C: 4.39mg (5.32%), Vitamin B12: 0.28µg (4.72%)