



## Easy Chicken-Rice Tacos

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 Tbsp butter
- 15 oz kidney beans rinsed drained canned
- 8 oz tomato sauce canned
- 1 lb ground chicken
- 1.5 cups rice white instant uncooked
- 1 cup lettuce shredded
- 1 small onion chopped
- 8 oz cheddar cheese shredded kraft

- 1.3 oz taco bellâ® taco seasoning mix
- 16 taco bellâ® crunchy taco shells
- 2 medium tomatoes chopped
- 1.3 cups water

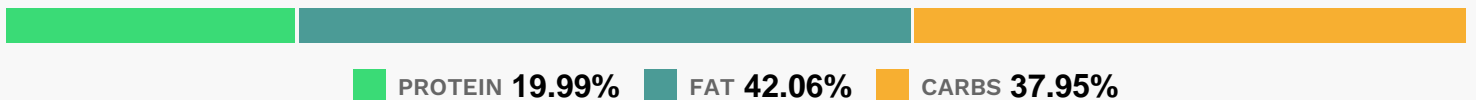
## Equipment

- frying pan

## Directions

- Melt butter in large skillet on medium-high heat.
- Add chicken and onions; cook until chicken is cooked through, stirring frequently.
- Stir in taco seasoning mix, water and tomato sauce. Bring to boil. Reduce heat to low; cover. Simmer 5 min.
- Add rice and beans; mix well. Cover.
- Remove from heat.
- Let stand 5 min.
- Fill taco shells evenly with the chicken mixture; top with cheese, lettuce and tomatoes.

## Nutrition Facts



## Properties

Glycemic Index:36.13, Glycemic Load:13.12, Inflammation Score:-8, Nutrition Score:18.720434701961%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

## Nutrients (% of daily need)

Calories: 453.33kcal (22.67%), Fat: 21.38g (32.9%), Saturated Fat: 8.83g (55.21%), Carbohydrates: 43.41g (14.47%),  
Net Carbohydrates: 36.79g (13.38%), Sugar: 4.64g (5.16%), Cholesterol: 77.11mg (25.7%), Sodium: 947.77mg  
(41.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.87g (45.74%), Phosphorus: 381.83mg (38.18%),  
Selenium: 21.76µg (31.09%), Manganese: 0.55mg (27.51%), Vitamin B3: 5.5mg (27.51%), Fiber: 6.62g (26.46%),  
Calcium: 259.11mg (25.91%), Vitamin B6: 0.49mg (24.38%), Vitamin A: 1190.54IU (23.81%), Vitamin B1: 0.35mg  
(23.57%), Folate: 92.7µg (23.17%), Vitamin B2: 0.35mg (20.62%), Potassium: 699.07mg (19.97%), Zinc: 2.97mg  
(19.78%), Iron: 3.29mg (18.3%), Magnesium: 67.25mg (16.81%), Copper: 0.24mg (12.12%), Vitamin C: 9.52mg (11.54%),  
Vitamin B12: 0.62µg (10.33%), Vitamin K: 10.82µg (10.31%), Vitamin B5: 1.01mg (10.1%), Vitamin E: 1.19mg (7.97%),  
Vitamin D: 0.17µg (1.13%)