



## Easy Mexican Chicken and Beans

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 lb chicken breast uncooked for stir-fry
- ☐ 1 oz taco seasoning
- ☐ 15 oz black beans rinsed drained canned
- ☐ 11 oz corn whole with red and green peppers, undrained canned
- ☐ 0.3 cup water
- ☐ 1 serving flour tortilla

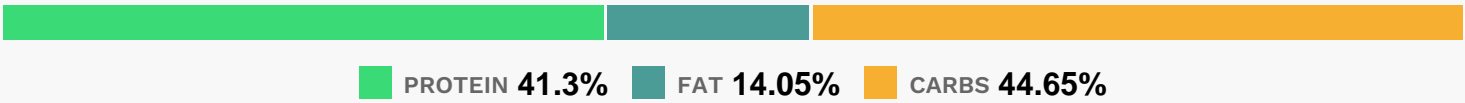
### Equipment

- ☐ frying pan

# Directions

- ☐ Spray 10-inch skillet with cooking spray.
- ☐ Add chicken to skillet; cook over medium-high heat 8 to 10 minutes, stirring occasionally, until no longer pink in center.
- ☐ Stir in seasoning mix, beans, corn and water. Cook over medium-high heat 8 to 10 minutes, stirring frequently, until sauce is slightly thickened.
- ☐ Serve with tortillas.

## Nutrition Facts



## Properties

Glycemic Index:8.5, Glycemic Load:1.17, Inflammation Score:-7, Nutrition Score:20.070434902025%

## Nutrients (% of daily need)

Calories: 319.98kcal (16%), Fat: 4.96g (7.63%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 35.45g (11.82%), Net Carbohydrates: 26.52g (9.64%), Sugar: 1.61g (1.79%), Cholesterol: 72.57mg (24.19%), Sodium: 1294.6mg (56.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.8g (65.6%), Vitamin B3: 13.43mg (67.13%), Selenium: 39.34µg (56.2%), Vitamin B6: 0.91mg (45.61%), Phosphorus: 400.37mg (40.04%), Fiber: 8.93g (35.72%), Folate: 99.04µg (24.76%), Potassium: 846.82mg (24.19%), Magnesium: 77.07mg (19.27%), Iron: 3.36mg (18.68%), Vitamin B5: 1.82mg (18.24%), Vitamin B1: 0.27mg (18.06%), Manganese: 0.35mg (17.27%), Vitamin B2: 0.27mg (16.11%), Vitamin A: 703.14IU (14.06%), Copper: 0.27mg (13.45%), Vitamin C: 8.75mg (10.6%), Zinc: 1.49mg (9.94%), Calcium: 55.83mg (5.58%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.22mg (1.44%)