



Easy Mexican Chicken and Beans



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

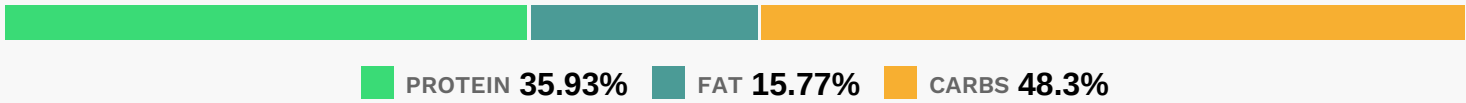
Equipment

- ☐ 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:4.68, Inflammation Score:-7, Nutrition Score:22.524782305178%

Nutrients (% of daily need)

Calories: 388.83kcal (19.44%), Fat: 6.76g (10.4%), Saturated Fat: 1.77g (11.06%), Carbohydrates: 46.57g (15.52%), Net Carbohydrates: 36.85g (13.4%), Sugar: 2.44g (2.71%), Cholesterol: 72.57mg (24.19%), Sodium: 1460.2mg (63.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.64g (69.29%), Vitamin B3: 14.42mg (72.1%), Selenium: 44.36µg (63.37%), Vitamin B6: 0.93mg (46.28%), Phosphorus: 446.72mg (44.67%), Fiber: 9.72g (38.87%), Folate: 120.19µg (30.05%), Vitamin B1: 0.38mg (25.6%), Potassium: 874.94mg (25%), Iron: 4.18mg (23.21%), Manganese: 0.46mg (22.83%), Magnesium: 82.02mg (20.5%), Vitamin B2: 0.34mg (19.84%), Vitamin B5: 1.86mg (18.61%), Copper: 0.29mg (14.62%), Vitamin A: 703.14IU (14.06%), Zinc: 1.61mg (10.74%), Vitamin C: 8.75mg (10.6%), Calcium: 88.68mg (8.87%), Vitamin B12: 0.23µg (3.78%), Vitamin K: 2.39µg (2.27%), Vitamin E: 0.22mg (1.44%)