



Easy Mexican Chicken and Beans



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz black beans rinsed drained progresso® canned
- ☐ 1 lb chicken breast uncooked for stir-fry
- ☐ 1 oz taco seasoning old el paso®
- ☐ 0.3 cup water
- ☐ 11 oz corn whole with red and green peppers, undrained green giant® steamcrisp® mexicorn® canned

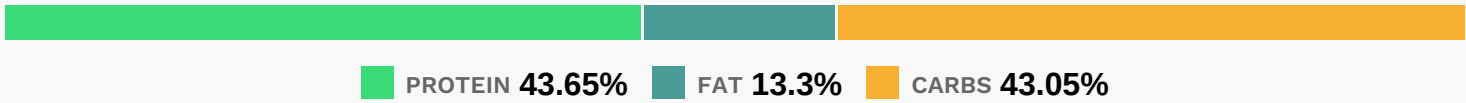
Equipment

- ☐ 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:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:19.252174096263%

Nutrients (% of daily need)

Calories: 297.03kcal (14.85%), Fat: 4.36g (6.71%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 31.75g (10.58%), Net Carbohydrates: 23.08g (8.39%), Sugar: 1.33g (1.48%), Cholesterol: 72.57mg (24.19%), Sodium: 1239.4mg (53.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.18g (64.37%), Vitamin B3: 13.09mg (65.47%), Selenium: 37.67µg (53.81%), Vitamin B6: 0.91mg (45.39%), Phosphorus: 384.92mg (38.49%), Fiber: 8.67g (34.67%), Potassium: 837.44mg (23.93%), Folate: 91.99µg (23%), Magnesium: 75.42mg (18.85%), Vitamin B5: 1.81mg (18.12%), Iron: 3.09mg (17.16%), Vitamin B1: 0.23mg (15.54%), Manganese: 0.31mg (15.42%), Vitamin B2: 0.25mg (14.86%), Vitamin A: 703.14IU (14.06%), Copper: 0.26mg (13.06%), Vitamin C: 8.75mg (10.6%), Zinc: 1.45mg (9.68%), Calcium: 44.88mg (4.49%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.22mg (1.44%)