



Fiesta Chicken Dinner

READY IN



30 min.

SERVINGS



30

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15.5 oz black beans rinsed canned
- 0.5 cup knudsen cream sour
- 2 green onions sliced
- 1 lb ground chicken
- 1 tsp ground cumin
- 14 oz deluxe macaroni & cheese dinner kraft
- 1 Tbsp oil
- 0.8 cup taco bellâ® & chunky salsa thick
- 3 cups water

Equipment

frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add chicken; cook 5 to 7 min. or until chicken is no longer pink, stirring frequently.
- Add Macaroni, water, salsa and cumin; mix well. Bring to boil; cover. Simmer on medium-low heat 10 min. or until most the water is absorbed.
- Stir beans and Cheese Sauce into macaroni mixture; cook 2 to 3 min. or until heated through, stirring occasionally.
- Sprinkle with onions.
- Serve topped with sour cream.

Nutrition Facts



Properties

Glycemic Index:3.37, Glycemic Load:3.96, Inflammation Score:-1, Nutrition Score:3.2008695861568%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 93.24kcal (4.66%), Fat: 3.92g (6.03%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 8.15g (2.96%), Sugar: 0.4g (0.44%), Cholesterol: 15.26mg (5.09%), Sodium: 211.91mg (9.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.84%), Phosphorus: 100.08mg (10.01%), Manganese: 0.11mg (5.5%), Vitamin B3: 1.02mg (5.09%), Potassium: 175.06mg (5%), Vitamin B6: 0.1mg (4.96%), Fiber: 1.16g (4.62%), Iron: 0.76mg (4.23%), Vitamin B2: 0.06mg (3.73%), Magnesium: 14.8mg (3.7%), Zinc: 0.51mg (3.38%), Calcium: 32.81mg (3.28%), Selenium: 1.94µg (2.77%), Vitamin B1: 0.04mg (2.73%), Folate: 10.09µg (2.52%), Copper: 0.05mg (2.39%), Vitamin K: 2.44µg (2.33%), Vitamin B5: 0.22mg (2.19%), Vitamin B12: 0.09µg (1.55%), Vitamin E: 0.22mg (1.49%), Vitamin A: 64.49IU (1.29%)