



Honey-Lime Chicken with Coconut-Black Bean Rice



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



684 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.5 oz black beans drained and rinsed canned
- ☐ 13.5 oz coconut milk canned
- ☐ 24 oz chicken breast
- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup spring onion sliced
- ☐ 0.3 cup honey

- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon lime zest
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 cup bell pepper red chopped
- ☐ 1 cup rice long-grain uncooked
- ☐ 1.5 teaspoons salt divided
- ☐ 0.8 cup tortilla chips crushed finely

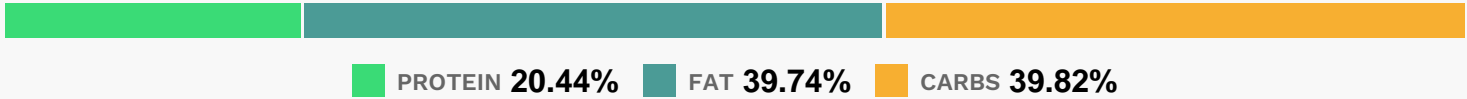
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Bring coconut milk and 1 tsp. salt to a boil over medium-high heat; stir in rice. Cover, reduce heat to low, and simmer 20 minutes or until rice is tender.
- ☐ Meanwhile, sprinkle chicken with pepper and 1/2 tsp. salt.
- ☐ Place crushed tortilla chips in a shallow bowl.
- ☐ Whisk together honey and next 2 ingredients in a second shallow bowl. Reserve 2 Tbsp. honey mixture. Dip chicken in remaining honey mixture, allowing excess to drip off. Dredge in crushed chips.
- ☐ Cook half of chicken in 2 Tbsp. hot oil in a large nonstick skillet over medium-high heat 2 minutes on each side or until done. Repeat procedure with remaining chicken and oil. Spoon reserved honey mixture over chicken.
- ☐ Stir black beans and next 2 ingredients into rice; spoon onto serving plates. Top with chicken and cilantro.

Nutrition Facts



Properties

Glycemic Index:50.58, Glycemic Load:24.47, Inflammation Score:-8, Nutrition Score:27.899565054023%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 684.38kcal (34.22%), Fat: 30.76g (47.32%), Saturated Fat: 15.92g (99.48%), Carbohydrates: 69.34g (23.11%), Net Carbohydrates: 59.85g (21.76%), Sugar: 14.77g (16.41%), Cholesterol: 72.57mg (24.19%), Sodium: 774.63mg (33.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.59g (71.18%), Vitamin B3: 13.49mg (67.46%), Selenium: 46.59µg (66.56%), Manganese: 1.31mg (65.67%), Vitamin B6: 1.05mg (52.33%), Phosphorus: 480.5mg (48.05%), Fiber: 9.49g (37.95%), Folate: 139.4µg (34.85%), Magnesium: 128.44mg (32.11%), Vitamin C: 24.47mg (29.66%), Potassium: 978.68mg (27.96%), Vitamin B5: 2.47mg (24.68%), Copper: 0.45mg (22.69%), Vitamin K: 23.14µg (22.04%), Vitamin B1: 0.32mg (21.55%), Iron: 3.75mg (20.85%), Zinc: 2.54mg (16.94%), Vitamin E: 2.42mg (16.15%), Vitamin B2: 0.21mg (12.09%), Vitamin A: 535.33IU (10.71%), Calcium: 68.5mg (6.85%), Vitamin B12: 0.23µg (3.78%)