



Mexican Chicken I



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce black beans rinsed drained canned
- ☐ 2 tablespoons chili powder
- ☐ 3 cloves garlic crushed
- ☐ 2 tablespoons ground cumin
- ☐ 2 tablespoons juice of lemon
- ☐ 1 large bell pepper red chopped
- ☐ 20 ounce salsa
- ☐ 6 chicken breast halves boneless skinless

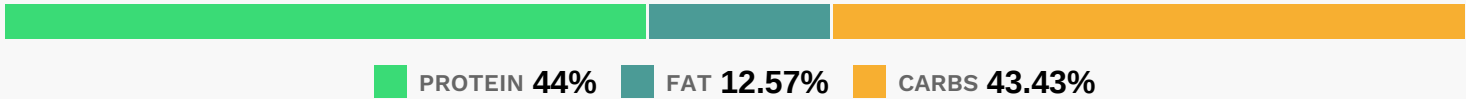
Equipment

- ☐ oven
- ☐ baking pan
- ☐ casserole dish

Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C).
- ☐ Arrange the chicken pieces in a 3 quart casserole dish or a 9x13 inch baking dish.
- ☐ Combine the salsa, red bell pepper, cumin, lemon juice, chili powder and garlic.
- ☐ Pour the mixture over the chicken.
- ☐ Pour the black beans on top and cover.
- ☐ Bake in the preheated oven for 1 to 1 1/2 hours.
- ☐ Serve with rice if desired.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.52, Inflammation Score:-9, Nutrition Score:29.639999990795%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 310.68kcal (15.53%), Fat: 4.45g (6.84%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 21.3g (7.75%), Sugar: 5.13g (5.7%), Cholesterol: 72.32mg (24.11%), Sodium: 1343.79mg (58.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35g (69.99%), Vitamin B3: 14.41mg (72.03%), Vitamin B6: 1.26mg (62.78%), Selenium: 39.75µg (56.78%), Vitamin C: 44.54mg (53.99%), Fiber: 13.24g (52.96%), Phosphorus:

448.41mg (44.84%), Vitamin A: 2165.47IU (43.31%), Potassium: 1255.09mg (35.86%), Manganese: 0.62mg (31.11%), Iron: 5.44mg (30.24%), Folate: 109.33µg (27.33%), Magnesium: 108.41mg (27.1%), Vitamin B1: 0.34mg (22.8%), Vitamin B5: 2.19mg (21.88%), Vitamin B2: 0.37mg (21.8%), Copper: 0.42mg (20.9%), Vitamin E: 2.89mg (19.28%), Zinc: 1.91mg (12.72%), Calcium: 114.07mg (11.41%), Vitamin K: 8.49µg (8.08%), Vitamin B12: 0.23µg (3.77%)