



Mexican-Style Chicken



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes coarsely chopped canned
- ☐ 1 pound chicken breast tenders
- ☐ 1 tablespoon chili powder
- ☐ 3 cups rice long-grain hot cooked
- ☐ 1 cup onion frozen chopped
- ☐ 16 ounce pepper stir-fry frozen ()
- ☐ 1 cup salsa
- ☐ 2 tablespoons mexican seasoning salt-free

☐ 1 tablespoon sugar

Equipment

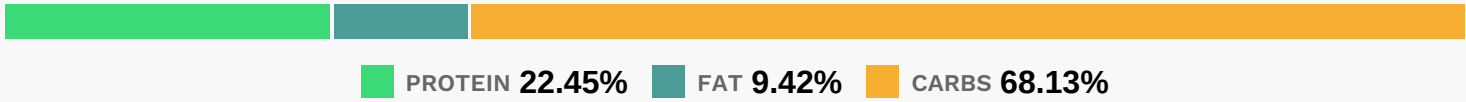
☐ bowl

☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a small bowl.
- ☐ Combine salsa and tomatoes.
- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add chicken, and sprinkle evenly with chili powder mixture. Top with pepper stir-fry and onion.
- ☐ Pour salsa mixture evenly over top. Bring to a boil; cover and reduce heat. Simmer 10 minutes or until chicken is done.
- ☐ Serve over cooked rice.

Nutrition Facts



Properties

Glycemic Index:70.27, Glycemic Load:55.02, Inflammation Score:-10, Nutrition Score:53.801304153774%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 672.47kcal (33.62%), Fat: 8.03g (12.35%), Saturated Fat: 2.55g (15.93%), Carbohydrates: 130.59g (43.53%), Net Carbohydrates: 93.78g (34.1%), Sugar: 12.92g (14.35%), Cholesterol: 72.57mg (24.19%), Sodium: 753.74mg (32.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.04g (86.08%), Manganese: 15.75mg (787.71%), Vitamin K: 242.27µg (230.74%), Fiber: 36.8g (147.22%), Copper: 1.93mg (96.68%), Iron: 16.43mg (91.27%), Vitamin B6: 1.73mg (86.26%), Vitamin B3: 16.2mg (81.01%), Selenium: 52.89µg (75.56%), Potassium: 2627.53mg

(75.07%), Magnesium: 294.86mg (73.71%), Calcium: 706.92mg (70.69%), Phosphorus: 550.49mg (55.05%), Vitamin B5: 4.22mg (42.17%), Vitamin A: 1906.82IU (38.14%), Vitamin E: 5.64mg (37.6%), Vitamin B2: 0.48mg (28.02%), Vitamin B1: 0.36mg (23.67%), Zinc: 3.35mg (22.32%), Vitamin C: 15.19mg (18.42%), Folate: 69.01µg (17.25%), Vitamin B12: 0.23µg (3.78%)