



 **97%**  
HEALTH SCORE

## 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.

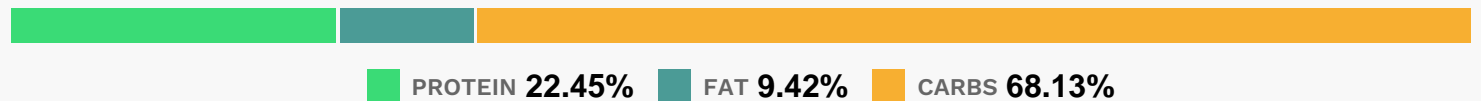
Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.

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: 0g (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%)