



One-Pan Black Beans, Chicken and Rice

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons cooking oil
- ☐ 1 cup rice long-grain white uncooked
- ☐ 1.5 teaspoons cumin
- ☐ 1 teaspoon chili powder
- ☐ 2 cups roasted chicken cubed cooked
- ☐ 2 cups bell pepper frozen coarsely chopped
- ☐ 15 oz black beans rinsed drained canned
- ☐ 1.8 cups chicken broth (from 32-oz cartons)

- ☐ 2 tablespoons water
- ☐ 0.5 cup cheddar cheese shredded

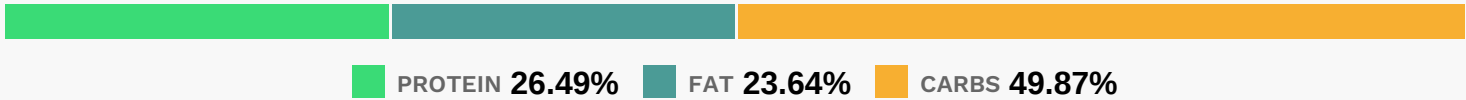
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in large skillet over medium-high heat until hot.
- ☐ Add rice, cumin and chili powder; cook and stir 1 minute.
- ☐ Stir in all remaining ingredients except cheese. Bring to a boil. Reduce heat; cover and simmer 15 to 18 minutes or until liquid is absorbed and rice is tender, stirring occasionally.
- ☐ Remove skillet from heat. Uncover; fluff mixture with fork.
- ☐ Sprinkle with cheese. Cover; let stand 1 to 2 minutes or until cheese is melted before serving.

Nutrition Facts



Properties

Glycemic Index:31.3, Glycemic Load:23.3, Inflammation Score:-9, Nutrition Score:27.483043590318%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 487.53kcal (24.38%), Fat: 12.73g (19.59%), Saturated Fat: 4.37g (27.31%), Carbohydrates: 60.45g (20.15%), Net Carbohydrates: 50.7g (18.44%), Sugar: 3.73g (4.14%), Cholesterol: 68.68mg (22.89%), Sodium: 949.67mg (41.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.1g (64.21%), Vitamin C: 98.29mg (119.14%), Vitamin A: 2666.91IU (53.34%), Manganese: 0.93mg (46.42%), Selenium: 30.21µg (43.16%), Vitamin B3: 7.97mg (39.85%), Phosphorus: 395.82mg (39.58%), Fiber: 9.75g (39.02%), Vitamin B6: 0.66mg (33.08%), Folate: 109.5µg (27.38%), Vitamin B2: 0.45mg (26.27%), Iron: 4.24mg (23.53%), Potassium: 750.66mg (21.45%), Magnesium: 80.82mg (20.2%), Zinc: 2.98mg (19.85%), Vitamin B1: 0.3mg (19.77%), Copper: 0.39mg (19.56%), Calcium: 176.61mg (17.66%), Vitamin B5: 1.65mg (16.53%), Vitamin E: 1.94mg (12.94%), Vitamin B12: 0.37µg (6.22%), Vitamin K: 6.03µg (5.74%)