



WHATShEATE



Pumpkin and Black Bean Cheesy Enchilada Skillet

 Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb chicken breast boneless skinless uncooked
- ☐ 1 tablespoon butter
- ☐ 2 cups water hot
- ☐ 1 cup milk
- ☐ 1 box enchilada sauce
- ☐ 0.5 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 15 oz black beans rinsed drained canned

- ☐ 9 oz mild cheddar cheese
- ☐ 1 serving cilantro leaves fresh chopped

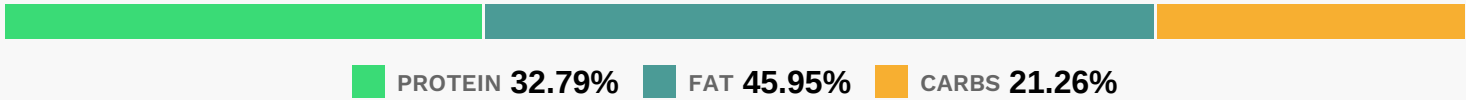
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut chicken into 1/2-inch pieces. In 10-inch skillet, melt butter over medium-high heat.
- ☐ Add chicken; cook about 3 minutes, stirring occasionally, until outsides turn white.
- ☐ Stir in hot water, milk, sauce mix and uncooked rice (from Chicken Helper box).
- ☐ Heat to boiling, stirring occasionally.
- ☐ Reduce heat. Cover; simmer 20 to 25 minutes, stirring occasionally, until rice is tender.
- ☐ Remove from heat; uncover. Stir in pumpkin until well mixed. Stir in black beans.
- ☐ Serve in bowls. Top with taco sauce and cilantro.

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:1.2, Inflammation Score:-9, Nutrition Score:25.101304551829%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 466.59kcal (23.33%), Fat: 23.8g (36.61%), Saturated Fat: 11.77g (73.55%), Carbohydrates: 24.78g (8.26%), Net Carbohydrates: 16.66g (6.06%), Sugar: 2.53g (2.81%), Cholesterol: 114.94mg (38.31%), Sodium: 873.13mg (37.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.2g (76.4%), Selenium: 45.8µg (65.43%), Vitamin A: 2964.28IU (59.29%), Phosphorus: 578.17mg (57.82%), Vitamin B3: 10.17mg (50.84%), Calcium: 468.79mg (46.88%), Vitamin B6: 0.83mg (41.72%), Fiber: 8.11g (32.45%), Vitamin B2: 0.52mg (30.48%), Vitamin B5: 2.15mg (21.51%), Potassium: 748.64mg (21.39%), Zinc: 3.14mg (20.94%), Magnesium: 78.34mg (19.59%), Folate: 75.71µg (18.93%), Vitamin B12: 0.99µg (16.48%), Manganese: 0.33mg (16.36%), Vitamin B1: 0.22mg (14.92%), Iron: 2.32mg (12.89%),

Copper: 0.24mg (11.93%), Vitamin D: 0.93µg (6.22%), Vitamin C: 4.34mg (5.27%), Vitamin E: 0.67mg (4.45%),
Vitamin K: 1.61µg (1.54%)