



Rice and Beans with Chicken and Chorizo



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



329 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce lower-sodium black beans rinsed drained canned
- ☐ 2 ounces chorizo sausage diced spanish
- ☐ 5 ounce lower-sodium rice yellow (such as Vigo)
- ☐ 1.5 cups plum tomatoes seeded chopped
- ☐ 1 pound chicken breasts boneless skinless cut into bite-sized pieces

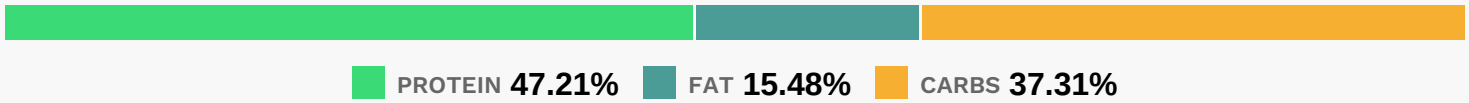
Equipment

- ☐ frying pan

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ Heat a large skillet over medium-high heat; coat with cooking spray.
- ☐ Add chicken; saut 7 minutes or until browned. Stir in tomato, 1/3 cup water, 1/2 teaspoon kosher salt, 1/2 teaspoon black pepper, and chorizo; bring to a boil. Reduce heat, and simmer 6 minutes or until thickened. Stir in beans; cook 2 minutes or until thoroughly heated. Spoon 1/2 cup rice onto each of 4 plates; top each serving with 1 cup chicken mixture.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:5.69, Inflammation Score:-8, Nutrition Score:25.483043504798%

Flavonoids

Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 328.63kcal (16.43%), Fat: 5.65g (8.69%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 30.64g (10.21%), Net Carbohydrates: 20.08g (7.3%), Sugar: 2.51g (2.79%), Cholesterol: 82.58mg (27.53%), Sodium: 1412.91mg (61.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.77g (77.53%), Vitamin B3: 13.3mg (66.48%), Selenium: 37.74µg (53.91%), Vitamin B6: 1.05mg (52.52%), Folate: 191.84µg (47.96%), Phosphorus: 467.09mg (46.71%), Fiber: 10.56g (42.25%), Manganese: 0.74mg (37.02%), Magnesium: 138.11mg (34.53%), Potassium: 1131.98mg (32.34%), Vitamin B1: 0.38mg (25.26%), Vitamin B5: 2.07mg (20.66%), Iron: 3.52mg (19.58%), Vitamin C: 16.09mg (19.5%), Vitamin A: 850.87IU (17.02%), Vitamin B2: 0.28mg (16.35%), Copper: 0.32mg (16.13%), Zinc: 2.28mg (15.19%), Vitamin K: 7.24µg (6.89%), Calcium: 56.73mg (5.67%), Vitamin E: 0.84mg (5.6%), Vitamin B12: 0.23µg (3.78%)