



Santa Fe Chicken

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans rinsed canned
- 1 cup four cheese shredded mexican style kraft finely
- 10 oz cream of chicken soup canned
- 0.3 cup cilantro leaves fresh chopped
- 2 cups rice white instant uncooked
- 0.5 cup taco bellâ® & chunky salsa thick
- 1 lb chicken breasts boneless skinless
- 2 cups water

1 bell pepper yellow chopped

Equipment

oven

baking pan

Directions

Heat oven to 400F.

Combine rice, beans and peppers in 13x9-inch baking dish.

Mix soup, water and cilantro; pour over rice mixture.

Top with chicken and salsa.

Bake 45 min. or until chicken is done (165F), topping with cheese for the last 10 min.

Nutrition Facts



PROTEIN 29.57% **FAT 27.1%** **CARBS 43.33%**

Properties

Glycemic Index:25.5, Glycemic Load:2.37, Inflammation Score:-8, Nutrition Score:33.84652181812%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 586.15kcal (29.31%), Fat: 17.47g (26.88%), Saturated Fat: 7.43g (46.44%), Carbohydrates: 62.87g (20.96%), Net Carbohydrates: 53.84g (19.58%), Sugar: 1.74g (1.94%), Cholesterol: 106.49mg (35.5%), Sodium: 1446.53mg (62.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.9g (85.81%), Selenium: 63.4µg (90.57%), Vitamin B3: 16.43mg (82.16%), Vitamin C: 59.78mg (72.46%), Phosphorus: 573.07mg (57.31%), Vitamin B6: 1.09mg (54.42%), Folate: 204.64µg (51.16%), Vitamin B1: 0.66mg (43.82%), Manganese: 0.82mg (40.75%), Fiber: 9.03g (36.13%), Iron: 6.24mg (34.64%), Calcium: 278.58mg (27.86%), Potassium: 967.23mg (27.64%), Vitamin B2: 0.43mg (25.27%), Copper: 0.49mg (24.25%), Vitamin B5: 2.37mg (23.71%), Magnesium: 93.06mg (23.27%), Zinc: 3.22mg (21.48%), Vitamin A: 733.31IU (14.67%), Vitamin B12: 0.53µg (8.77%), Vitamin E: 1.25mg (8.32%), Vitamin K: 8.32µg (7.92%), Vitamin D: 0.28µg (1.89%)