



Santa Fe Chicken

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 19 ounce black beans rinsed canned
- ☐ 1 cup tex mex cheese shredded kraft
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 10 ounce cream of chicken soup canned
- ☐ 1.5 cups rice white instant uncooked
- ☐ 0.5 cup salsa
- ☐ 4 small chicken breasts boneless skinless
- ☐ 10 ounce water canned

☐ 1 bell pepper yellow chopped

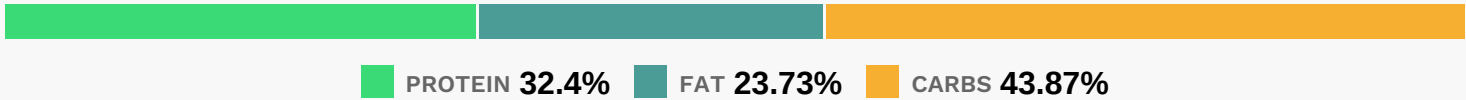
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 400 degrees F.
- ☐ 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 35 minutes or until chicken is done (170 degree F). Top with cheese; bake 10 minutes or until melted.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:2.35, Inflammation Score:-8, Nutrition Score:33.053912805474%

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: 539.38kcal (26.97%), Fat: 14.1g (21.69%), Saturated Fat: 5.69g (35.58%), Carbohydrates: 58.64g (19.55%), Net Carbohydrates: 47.86g (17.4%), Sugar: 1.93g (2.15%), Cholesterol: 100.11mg (33.37%), Sodium: 1542.29mg (67.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.31g (86.63%), Selenium: 56.4µg (80.58%), Vitamin B3: 15.83mg (79.13%), Vitamin C: 60.54mg (73.38%), Phosphorus: 559.9mg (55.99%), Vitamin B6: 1.08mg (53.94%), Folate: 188.38µg (47.1%), Fiber: 10.79g (43.14%), Vitamin B1: 0.6mg (39.83%), Manganese: 0.78mg (39.04%), Iron: 6.17mg (34.3%), Potassium: 1049.7mg (29.99%), Copper: 0.51mg (25.32%), Magnesium: 98.87mg (24.72%), Vitamin B2: 0.41mg (24.41%), Vitamin B5: 2.29mg (22.94%), Calcium: 226.37mg (22.64%), Zinc: 2.99mg (19.96%), Vitamin B12: 0.86µg (14.41%), Vitamin A: 640.54IU (12.81%), Vitamin K: 8.27µg (7.88%), Vitamin E: 1.09mg (7.23%), Vitamin D: 0.22µg (1.5%)