



Santa Fe Chicken & Rice

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



182 kcal

SIDE DISH

Ingredients

- 15.5 oz black beans rinsed canned
- 15 oz regular corn drained canned
- 6 oz oscar mayer carving board southwestern seasoned chicken breast strips (2-)
- 2 cups rice long-grain white hot cooked
- 1 green onion sliced
- 0.5 cup taco bellâ® & chunky salsa thick
- 1 cup cheddar cheese shredded kraft

Equipment

sauce pan

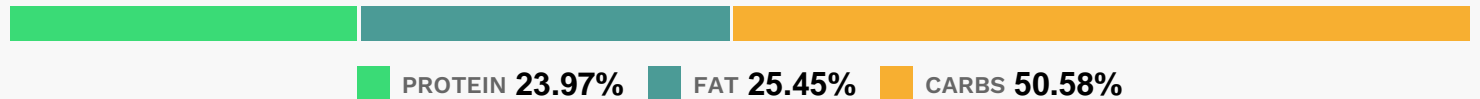
Directions

Cook chicken, beans, corn and salsa in saucepan on medium heat 5 min. or until heated through, stirring occasionally.

Spoon over rice.

Top with cheese and onions.

Nutrition Facts



Properties

Glycemic Index:16.8, Glycemic Load:9.66, Inflammation Score:-3, Nutrition Score:7.8156520827957%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 182.18kcal (9.11%), Fat: 5.13g (7.9%), Saturated Fat: 2.42g (15.12%), Carbohydrates: 22.96g (7.65%), Net Carbohydrates: 19.53g (7.1%), Sugar: 0.58g (0.64%), Cholesterol: 22.19mg (7.4%), Sodium: 417.47mg (18.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.88g (21.76%), Phosphorus: 170.56mg (17.06%), Selenium: 11.71µg (16.72%), Manganese: 0.3mg (14.78%), Fiber: 3.42g (13.69%), Vitamin B3: 2.66mg (13.31%), Folate: 44.43µg (11.11%), Vitamin B6: 0.21mg (10.62%), Calcium: 104.64mg (10.46%), Potassium: 304.22mg (8.69%), Magnesium: 33.51mg (8.38%), Vitamin B2: 0.14mg (7.95%), Zinc: 1.06mg (7.03%), Copper: 0.14mg (6.86%), Iron: 1.14mg (6.36%), Vitamin B1: 0.09mg (6.24%), Vitamin B5: 0.52mg (5.2%), Vitamin A: 194.45IU (3.89%), Vitamin K: 3.34µg (3.18%), Vitamin C: 2.59mg (3.13%), Vitamin B12: 0.15µg (2.56%), Vitamin E: 0.29mg (1.97%)