



Saucy Chicken with Pinto Beans and Rice

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



50

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 30 oz pinto beans rinsed drained canned
- 15 oz tomato sauce canned
- 3 lb broiler-fryer chicken
- 3 cups rice hot cooked
- 0.5 cup bell peppers green chopped
- 6 oz oscar mayer honey ham chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 large onion chopped

1 jalapeño pepper seeded chopped

Equipment

frying pan

dutch oven

Directions

Heat dressing in large deep skillet or Dutch oven on medium-high heat.

Add chicken; cook 10 min. or until evenly browned, turning occasionally.

Remove chicken from skillet; cover to keep warm.

Add onions, bell peppers and ham to skillet; cook and stir 5 min. or until vegetables are crisp-tender. Stir in beans, tomato sauce and jalapeno peppers.

Add chicken.

Bring to boil. Reduce heat to low; cover. Simmer 25 min. or until chicken is cooked through (170F).

Serve over the rice.

Nutrition Facts



PROTEIN 25.36% **FAT 38.5%** **CARBS 36.14%**

Properties

Glycemic Index:5.36, Glycemic Load:3.89, Inflammation Score:-1, Nutrition Score:2.8195651860341%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 69.03kcal (3.45%), Fat: 2.94g (4.52%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 5.18g (1.88%), Sugar: 0.77g (0.86%), Cholesterol: 11.91mg (3.97%), Sodium: 147.36mg (6.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.71%), Vitamin B3: 1.22mg (6.1%), Manganese: 0.12mg (5.97%), Phosphorus: 49.88mg (4.99%), Selenium: 3.45µg (4.94%), Vitamin B6: 0.1mg (4.81%), Fiber: 1.03g (4.12%), Potassium: 118.18mg (3.38%), Magnesium: 11.83mg (2.96%), Vitamin B1: 0.04mg (2.9%), Iron: 0.51mg (2.86%),

Vitamin C: 2.35mg (2.85%), Zinc: 0.42mg (2.79%), Copper: 0.06mg (2.78%), Vitamin B5: 0.23mg (2.26%), Vitamin E: 0.31mg (2.04%), Vitamin B2: 0.03mg (2%), Folate: 6.74µg (1.69%), Vitamin K: 1.6µg (1.53%), Calcium: 12.89mg (1.29%), Vitamin A: 61.22IU (1.22%), Vitamin B12: 0.06µg (1.04%)