



Saucy Mexican Chicken

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz black beans undrained canned
- 1 cup milk cheddar cheese shredded 2% kraft
- 1 cup taco bellâ® & chunky salsa thick
- 1 lb chicken breasts boneless skinless

Equipment

- frying pan

Directions

- Cook chicken in nonstick skillet on medium-high heat 4 min. on each side or until browned on both sides.
- Add salsa and beans. Bring to boil; cover. Simmer on medium-low heat 5 min. or until chicken is done (165F).
- Top with cheese.
- Remove from heat.
- Let stand, covered, 5 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:0.9, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.0508695672388%

Nutrients (% of daily need)

Calories: 48.02kcal (2.4%), Fat: 1.73g (2.66%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.34g (0.38%), Cholesterol: 13.44mg (4.48%), Sodium: 153.46mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.13%), Vitamin B3: 1.76mg (8.82%), Selenium: 6.17µg (8.81%), Vitamin B6: 0.14mg (6.94%), Phosphorus: 67.08mg (6.71%), Fiber: 1.13g (4.54%), Potassium: 124.86mg (3.57%), Calcium: 34.77mg (3.48%), Vitamin B2: 0.05mg (3.03%), Magnesium: 11.21mg (2.8%), Vitamin B5: 0.27mg (2.75%), Folate: 10.39µg (2.6%), Manganese: 0.05mg (2.27%), Vitamin B1: 0.03mg (2.24%), Zinc: 0.32mg (2.13%), Iron: 0.37mg (2.04%), Copper: 0.04mg (1.91%), Vitamin A: 84.44IU (1.69%), Vitamin B12: 0.07µg (1.17%), Vitamin E: 0.16mg (1.08%)