



## Saute Express® Saute Starter Confetti Chicken

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup black beans rinsed drained
- 2 squares savory butter & saute starter olive oil saute express®
- 0.5 cup regular corn frozen thawed
- 1 cup pico de gallo prepared drained
- 10 ounce rice frozen cooked
- 1 pound chicken breasts boneless skinless

### Equipment

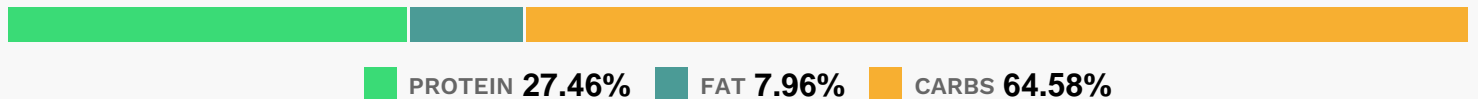
- bowl

frying pan

## Directions

- Combine pico de gallo and black beans in small bowl; set aside.
- Melt
- Saute Express® square in 10-inch nonstick skillet over medium–low heat just until bubbles begin to form.
- Add chicken.
- Saute 13–18 minutes or until chicken is golden brown on both sides and done (165 degrees F).
- Remove from skillet.
- Stir rice and corn into skillet until coated and heated through.
- Slice chicken; serve over rice mixture. Top with pico de gallo and black beans.

## Nutrition Facts



## Properties

Glycemic Index:35.3, Glycemic Load:35.07, Inflammation Score:-5, Nutrition Score:18.899130336616%

## Nutrients (% of daily need)

Calories: 466.49kcal (23.32%), Fat: 4.09g (6.29%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 74.58g (24.86%), Net Carbohydrates: 71.21g (25.9%), Sugar: 5.4g (6%), Cholesterol: 73.65mg (24.55%), Sodium: 538.2mg (23.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.71g (63.43%), Selenium: 47.42µg (67.74%), Vitamin B3: 13.42mg (67.08%), Vitamin B6: 1.02mg (50.87%), Manganese: 0.92mg (45.81%), Phosphorus: 367.8mg (36.78%), Vitamin B5: 2.45mg (24.48%), Potassium: 638.16mg (18.23%), Magnesium: 68.86mg (17.22%), Fiber: 3.37g (13.48%), Vitamin B1: 0.2mg (13.06%), Folate: 50.51µg (12.63%), Zinc: 1.82mg (12.11%), Copper: 0.24mg (12.1%), Vitamin B2: 0.18mg (10.54%), Iron: 1.58mg (8.77%), Vitamin C: 6.08mg (7.36%), Vitamin A: 314.68IU (6.29%), Vitamin B12: 0.23µg (3.79%), Calcium: 32.26mg (3.23%), Vitamin E: 0.31mg (2.03%)