



Sautéed Chicken and Peppers with Coconut Rice



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



757 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 19 ounce black beans drained canned
- ☐ 14 ounce coconut milk canned
- ☐ 1 large clove garlic thinly sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 4 servings kosher salt and pepper
- ☐ 1 tablespoon olive oil
- ☐ 1 large bell pepper red sliced

- ☐ 1.5 pounds chicken breasts boneless skinless cut into 2 1/2-inch pieces
- ☐ 1 cup rice long-grain white

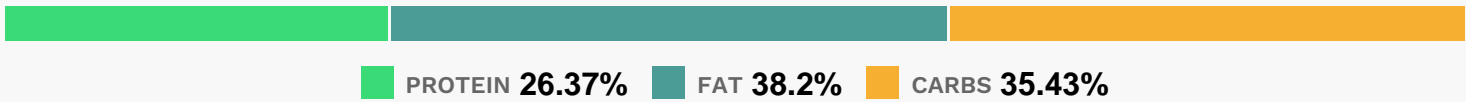
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook the rice according to the package directions, replacing 1 cup of water with the coconut milk. Meanwhile, heat 1 tablespoon of the oil in a large skillet over medium heat. Pat the chicken dry with paper towels. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper and cook for 3 minutes. Turn and move to the sides of the skillet.
- ☐ Add the bell pepper and cook, stirring often, for 3 minutes.
- ☐ Add the garlic and cook, stirring, until the bell pepper is slightly softened and the chicken is cooked through, about 4 minutes.
- ☐ Transfer the chicken and vegetables to individual plates and return the skillet to medium heat.
- ☐ Add the beans, cumin, 1/4 teaspoon salt, and the remaining oil. Cook until heated through, about 2 minutes.
- ☐ Serve with the chicken and rice. Upgrade: Brighten the flavor of the coconut rice by stirring in a handful of chopped fresh scallions, chives, or cilantro just before serving.

Nutrition Facts



Properties

Glycemic Index:32.05, Glycemic Load:22.84, Inflammation Score:-9, Nutrition Score:39.008261074191%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 756.66kcal (37.83%), Fat: 32.37g (49.8%), Saturated Fat: 22.59g (141.22%), Carbohydrates: 67.55g (22.52%), Net Carbohydrates: 54.58g (19.85%), Sugar: 5.1g (5.67%), Cholesterol: 108.86mg (36.29%), Sodium: 927.44mg (40.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.28g (100.55%), Vitamin B3: 20.48mg (102.41%), Selenium: 69.47µg (99.25%), Manganese: 1.81mg (90.72%), Vitamin B6: 1.59mg (79.29%), Vitamin C: 61.18mg (74.16%), Phosphorus: 667.48mg (66.75%), Fiber: 12.97g (51.86%), Potassium: 1450.09mg (41.43%), Magnesium: 145.2mg (36.3%), Vitamin B5: 3.46mg (34.57%), Copper: 0.68mg (34.03%), Folate: 127.42µg (31.85%), Iron: 5.48mg (30.44%), Vitamin A: 1341.78IU (26.84%), Vitamin B1: 0.38mg (25.33%), Vitamin B2: 0.39mg (22.97%), Zinc: 3mg (20%), Vitamin E: 1.68mg (11.2%), Calcium: 90.01mg (9%), Vitamin B12: 0.34µg (5.67%), Vitamin K: 4.62µg (4.4%), Vitamin D: 0.17µg (1.13%)