



## South of the Border Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup rice uncooked
- 0.3 teaspoon pepper black
- 16 ounce pinto beans drained and rinsed canned
- 10 ounce canned tomatoes diced green drained canned
- 0.3 teaspoon ground cumin
- 0.1 teaspoon ground pepper red
- 0.3 teaspoon salt
- 24 ounce chicken breast halves boneless skinless

1 cup water

## Equipment

frying pan

sauce pan

## Directions

Bring water to a boil in a medium saucepan, and stir in rice and red pepper. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Stir in beans and tomatoes; keep warm.

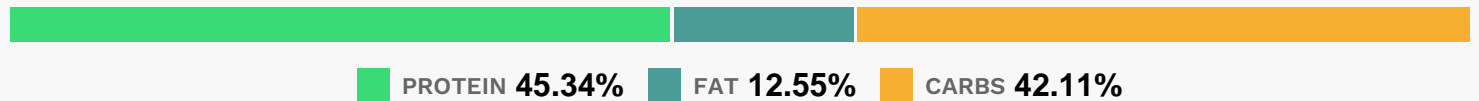
Sprinkle the chicken with salt, black pepper, and cumin.

Heat a large nonstick skillet coated with cooking spray over medium-high heat.

Add chicken; cook 4 minutes on each side or until done.

Serve chicken with rice mixture.

## Nutrition Facts



## Properties

Glycemic Index:53.3, Glycemic Load:18, Inflammation Score:-6, Nutrition Score:26.533478337785%

## Nutrients (% of daily need)

Calories: 394.96kcal (19.75%), Fat: 5.43g (8.36%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 41.04g (13.68%), Net Carbohydrates: 34.11g (12.41%), Sugar: 4.31g (4.79%), Cholesterol: 108.86mg (36.29%), Sodium: 744.48mg (32.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.18g (88.36%), Vitamin B3: 19.29mg (96.47%), Selenium: 58.37µg (83.38%), Vitamin B6: 1.5mg (75.23%), Phosphorus: 511.81mg (51.18%), Manganese: 0.79mg (39.46%), Potassium: 1181.78mg (33.77%), Vitamin B5: 3.01mg (30.11%), Fiber: 6.93g (27.7%), Magnesium: 102.96mg (25.74%), Copper: 0.42mg (21.14%), Iron: 3.5mg (19.47%), Vitamin B1: 0.24mg (15.89%), Vitamin B2: 0.24mg (13.98%), Zinc: 2.08mg (13.87%), Vitamin E: 1.9mg (12.7%), Vitamin C: 9.41mg (11.41%), Folate: 45.18µg (11.3%), Calcium: 96.05mg (9.6%), Vitamin K: 6.76µg (6.44%), Vitamin B12: 0.34µg (5.67%), Vitamin A: 231.69IU (4.63%), Vitamin D: 0.17µg (1.13%)