



Southwest Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans rinsed drained canned
- 10 ounce canned tomatoes diced with green chile peppers canned
- 1 pinch ground cumin
- 4 chicken breast halves boneless skinless
- 1 tablespoon vegetable oil
- 8.8 ounce kernel corn whole drained canned

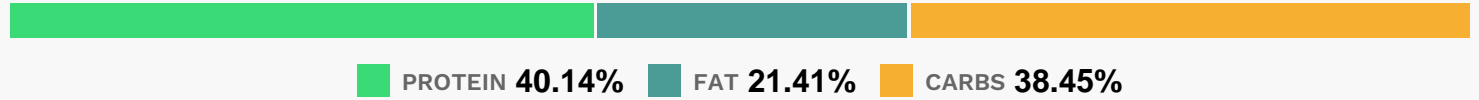
Equipment

- frying pan

Directions

- In a large skillet, heat oil over medium high heat. Brown chicken breasts on both sides.
- Add tomatoes with green chile peppers, beans and corn. Reduce heat and let simmer for 25 to 30 minutes or until chicken is cooked through and juices run clear.
- Add a dash of cumin and serve.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:19.09086955112%

Nutrients (% of daily need)

Calories: 320.74kcal (16.04%), Fat: 7.53g (11.58%), Saturated Fat: 1.38g (8.59%), Carbohydrates: 30.42g (10.14%), Net Carbohydrates: 20.74g (7.54%), Sugar: 2.36g (2.62%), Cholesterol: 72.32mg (24.11%), Sodium: 876.45mg (38.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.76g (63.51%), Vitamin B3: 12.93mg (64.65%), Selenium: 37.54µg (53.63%), Vitamin B6: 0.9mg (45.25%), Fiber: 9.68g (38.71%), Phosphorus: 377.67mg (37.77%), Potassium: 817.92mg (23.37%), Folate: 87.36µg (21.84%), Magnesium: 73.5mg (18.38%), Vitamin B5: 1.81mg (18.06%), Vitamin C: 13.79mg (16.71%), Vitamin B1: 0.23mg (15.37%), Manganese: 0.3mg (15.01%), Vitamin B2: 0.25mg (14.7%), Iron: 2.59mg (14.4%), Copper: 0.25mg (12.7%), Zinc: 1.4mg (9.36%), Vitamin K: 6.48µg (6.17%), Calcium: 44.33mg (4.43%), Vitamin B12: 0.23µg (3.77%), Vitamin E: 0.49mg (3.29%)