



## Southwest Chicken and Couscous

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup bell pepper frozen (from 1-lb bag)
- 0.5 cup corn frozen
- 0.5 cup salsa thick
- 15 oz black beans with cumin and chili spices, undrained canned
- 9 oz chicken tenderloins frozen cooked
- 2 cups water
- 1.5 cups couscous uncooked
- 0.3 cup cilantro leaves fresh chopped

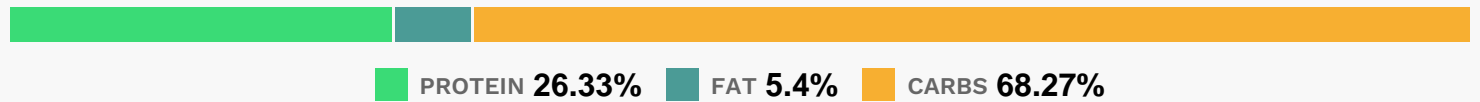
## Equipment

- frying pan

## Directions

- Spray 12-inch nonstick skillet with cooking spray.
- Add stir-fry vegetables to skillet; cook 2 to 3 minutes, stirring frequently, until crisp-tender.
- Stir in corn, salsa, beans and frozen chicken.
- Heat to boiling. Reduce heat to low; cover and simmer about 5 minutes, stirring occasionally, until chicken is thoroughly heated (break up large pieces of chicken with spoon as mixture cooks).
- Meanwhile, heat water to boiling. Stir in couscous.
- Remove from heat; cover and let stand 5 minutes.
- Fluff couscous with fork; spoon onto serving plates. Top with chicken mixture.
- Sprinkle with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:32.25, Glycemic Load:31.01, Inflammation Score:-9, Nutrition Score:24.772174283214%

## Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

## Nutrients (% of daily need)

Calories: 452.94kcal (22.65%), Fat: 2.72g (4.18%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 77.16g (25.72%), Net Carbohydrates: 64.61g (23.49%), Sugar: 2.81g (3.12%), Cholesterol: 40.82mg (13.61%), Sodium: 710.81mg (30.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.76g (59.53%), Vitamin C: 53.69mg (65.08%), Vitamin B3: 10.66mg (53.31%), Fiber: 12.55g (50.21%), Manganese: 0.88mg (43.93%), Vitamin B6: 0.81mg (40.58%), Phosphorus: 397.56mg (39.76%), Selenium: 22.3µg (31.85%), Vitamin A: 1413.99IU (28.28%), Folate: 107.68µg (26.92%), Potassium: 899.43mg (25.7%), Magnesium: 99.73mg (24.93%), Vitamin B1: 0.35mg (23.25%), Copper:

0.44mg (22.04%), Vitamin B5: 2.16mg (21.61%), Iron: 3.41mg (18.95%), Vitamin B2: 0.3mg (17.87%), Zinc: 1.8mg (12.01%), Vitamin E: 1.13mg (7.54%), Calcium: 72.72mg (7.27%), Vitamin K: 6.42µg (6.11%), Vitamin B12: 0.13µg (2.13%)