



Southwest Chicken Bake

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup no-salt-added black beans canned rinsed
- 2.7 cups brown rice long-grain hot cooked
- 0.5 cup regular corn frozen
- 2 green onions chopped
- 2 Tbsp 2 tbsp. kraft lite zesty italian dressing italian kraft
- 1 cup taco bell® & chunky salsa thick
- 0.5 cup milk four cheese shredded 2% mexican style kraft finely
- 1 lb chicken thighs boneless skinless cut into bite-size pieces

2.5 Tbsp taco bellâ® taco seasoning mix ()

Equipment

bowl

frying pan

oven

Directions

Heat oven to 375F.

Add seasoning mix to chicken in medium bowl; toss to evenly coat.

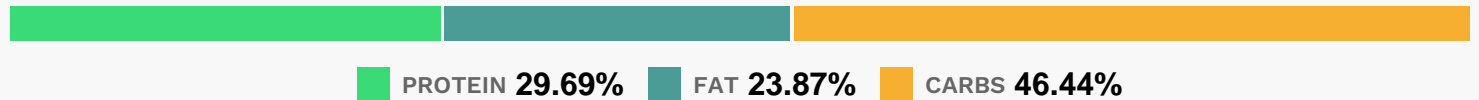
Heat dressing in large skillet on medium-high heat.

Add chicken; cook and stir 5 min. or until lightly browned. Spoon into 1-1/2-qt. casserole; cover with layers of beans, corn, onions and salsa.

Bake 20 min. Top with cheese; bake 5 min. or until melted.

Serve over rice.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:2.22, Inflammation Score:-7, Nutrition Score:26.659130614737%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 447.43kcal (22.37%), Fat: 11.94g (18.37%), Saturated Fat: 4.21g (26.33%), Carbohydrates: 52.26g (17.42%), Net Carbohydrates: 43.96g (15.99%), Sugar: 4.18g (4.64%), Cholesterol: 124.42mg (41.47%), Sodium: 956.61mg (41.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.42g (66.84%), Manganese: 1.51mg (75.44%), Selenium: 42.63µg (60.9%), Vitamin B3: 9.84mg (49.19%), Phosphorus: 485.41mg (48.54%), Vitamin B6: 0.96mg (48.1%), Magnesium: 133.56mg (33.39%), Fiber: 8.3g (33.18%), Vitamin B1: 0.41mg (27.29%), Vitamin B2: 0.46mg (27.09%), Zinc: 3.87mg (25.78%), Folate: 94.5µg (23.62%), Vitamin K: 23.67µg (22.54%), Vitamin B5: 2.21mg (22.13%), Potassium: 749.07mg (21.4%), Copper: 0.35mg (17.43%), Vitamin B12: 1.04µg (17.38%), Iron: 3.11mg

(17.28%), Calcium: 151.55mg (15.16%), Vitamin A: 639.58IU (12.79%), Vitamin E: 1.26mg (8.43%), Vitamin C: 4.62mg (5.6%)