



Southwest Chicken Bake

 Gluten Free

READY IN



41 min.

SERVINGS



4

CALORIES



446 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 tablespoons 2 tablespoons kraft light zesty italian dressing light italian kraft
- ☐ 1 cup taco bell® home originals® 'n chunky salsa thick
- ☐ 0.5 cup milk four cheese shredded 2% mexican style kraft finely
- ☐ 1 pound chicken thighs boneless skinless cut into bite-size pieces

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2.5 tablespoons taco bell® home originals® taco seasoning mix

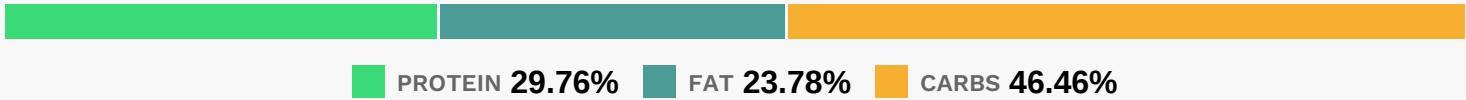
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375 degrees F.
- ☐ 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 evenly 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:26.631304326265%

Flavonoids

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

Nutrients (% of daily need)

Calories: 446.41kcal (22.32%), Fat: 11.87g (18.26%), Saturated Fat: 4.2g (26.26%), Carbohydrates: 52.17g (17.39%), Net Carbohydrates: 43.89g (15.96%), Sugar: 4.12g (4.58%), Cholesterol: 124.42mg (41.47%), Sodium: 945.57mg (41.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.42g (66.84%), Manganese: 1.51mg (75.43%), Selenium: 42.62µg (60.89%), Vitamin B3: 9.84mg (49.19%), Phosphorus: 485.36mg (48.54%), Vitamin B6: 0.96mg (48.09%), Magnesium: 133.54mg (33.39%), Fiber: 8.28g (33.11%), Vitamin B1: 0.41mg (27.29%), Vitamin B2: 0.46mg (27.09%), Zinc: 3.87mg (25.78%), Folate: 94.5µg (23.62%), Vitamin K: 23.48µg (22.36%), Vitamin B5: 2.21mg (22.13%), Potassium: 748.78mg (21.39%), Copper: 0.35mg (17.42%), Vitamin B12: 1.04µg (17.38%), Iron: 3.1mg

(17.24%), Calcium: 151.51mg (15.15%), Vitamin A: 630.66IU (12.61%), Vitamin E: 1.26mg (8.37%), Vitamin C: 4.58mg (5.55%)