



## Southwest Chicken Skillet

READY IN



30 min.

SERVINGS



4

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon vegetable oil
- 1.3 pounds chicken breast boneless skinless cut into 1-inch pieces
- 1 pound bell pepper red frozen
- 15 ounces black beans rinsed drained canned
- 1 cup salsa thick
- 11 oz flour tortilla for burritos (8 count cut into 2x strips)
- 4 ounces cheddar cheese shredded

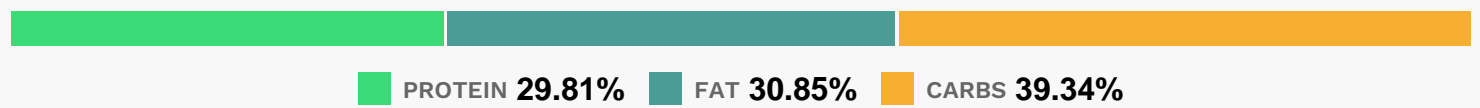
### Equipment

frying pan

## Directions

- In 10-inch skillet, heat oil over medium-high heat. Cook chicken in oil 3 to 4 minutes, stirring occasionally, until no longer pink in center.
- Stir in vegetables, beans and salsa; reduce heat to medium. Cover and cook 6 to 8 minutes, stirring occasionally, until vegetables are crisp-tender.
- Sprinkle with tortilla strips and cheese. Cover and cook about 2 minutes or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:23.25, Glycemic Load:13.78, Inflammation Score:-10, Nutrition Score:45.582608844923%

## Flavonoids

Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 690.95kcal (34.55%), Fat: 23.71g (36.48%), Saturated Fat: 9.2g (57.51%), Carbohydrates: 68.03g (22.68%), Net Carbohydrates: 54.41g (19.79%), Sugar: 10.23g (11.36%), Cholesterol: 119.07mg (39.69%), Sodium: 1762.8mg (76.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.56g (103.12%), Vitamin C: 150.96mg (182.98%), Selenium: 72.85µg (104.07%), Vitamin B3: 20.74mg (103.71%), Vitamin A: 4193.33IU (83.87%), Vitamin B6: 1.63mg (81.51%), Phosphorus: 753.21mg (75.32%), Fiber: 13.62g (54.46%), Folate: 204.52µg (51.13%), Vitamin B1: 0.72mg (48.26%), Vitamin B2: 0.73mg (43.02%), Manganese: 0.86mg (42.87%), Potassium: 1378.15mg (39.38%), Calcium: 384.69mg (38.47%), Iron: 6.18mg (34.34%), Magnesium: 122.23mg (30.56%), Vitamin B5: 2.95mg (29.51%), Vitamin E: 3.34mg (22.3%), Zinc: 3.26mg (21.76%), Vitamin K: 21.12µg (20.11%), Copper: 0.39mg (19.72%), Vitamin B12: 0.58µg (9.73%), Vitamin D: 0.31µg (2.08%)