



Southwest Chipotle Chicken

 Gluten Free

READY IN



41 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans rinsed drained canned
- 0.3 cup chipotle marinade
- 1.5 cups regular corn yellow frozen
- 1 cup grape tomatoes
- 0.5 cup ranch dressing light sour
- 0.5 onion red chopped
- 16 ounce chicken breasts boneless skinless
- 4 servings tortilla chips diced whole crushed sliced chopped

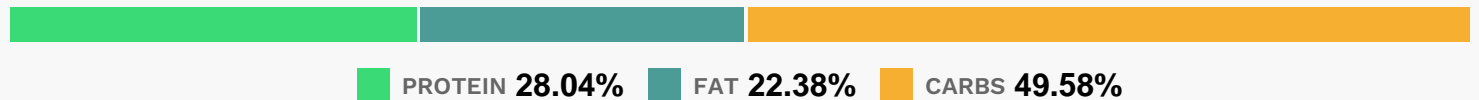
Equipment

- frying pan
- oven
- baking pan
- kitchen thermometer
- aluminum foil

Directions

- Preheat oven to 450 degrees F. Line 13x9x2-inch baking pan with Reynolds Wrap® Aluminum Foil.
- Combine black beans, corn, tomatoes and onion; season to taste.
- Add 1/2 cup chipotle marinade. Spoon into foil-lined pan.
- Place chicken breasts on top of vegetables; season to taste. Spoon remaining 1/4 cup chipotle marinade on chicken breasts. Cover pan with a sheet of foil; crimp to seal edges.
- Bake 22 to 26 minutes or until chicken registers 170 degrees F. on thermometer. Top with Southwest Dressing and garnish as desired.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.66, Inflammation Score:-7, Nutrition Score:25.701739129813%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 518.77kcal (25.94%), Fat: 13.29g (20.45%), Saturated Fat: 3.71g (23.18%), Carbohydrates: 66.25g (22.08%), Net Carbohydrates: 50.77g (18.46%), Sugar: 7.97g (8.86%), Cholesterol: 82.64mg (27.55%), Sodium: 673.7mg

(29.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.47g (74.93%), Vitamin B3: 14.02mg (70.09%), Fiber: 15.49g (61.94%), Selenium: 40.36µg (57.65%), Vitamin B6: 1.12mg (56.04%), Phosphorus: 503.12mg (50.31%), Potassium: 1149.19mg (32.83%), Magnesium: 118.36mg (29.59%), Folate: 108.86µg (27.21%), Vitamin B5: 2.37mg (23.75%), Vitamin B1: 0.36mg (23.73%), Vitamin B2: 0.36mg (21.19%), Manganese: 0.42mg (21.13%), Iron: 3.44mg (19.09%), Vitamin C: 15.07mg (18.26%), Copper: 0.33mg (16.27%), Zinc: 2.28mg (15.21%), Calcium: 122.46mg (12.25%), Vitamin E: 1.49mg (9.96%), Vitamin A: 446.45IU (8.93%), Vitamin K: 9.22µg (8.78%), Vitamin B12: 0.35µg (5.79%), Vitamin D: 0.17µg (1.14%)