



Southwestern Chicken and Rice

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



30

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz kidney beans rinsed drained canned
- 0.5 cup chicken broth
- 1 cup kernel corn whole frozen thawed
- 1.5 cups rice white instant uncooked
- 1 Tbsp oil
- 1 large onion chopped
- 1.5 cups taco bellâ® & chunky salsa thick
- 1 lb chicken breasts boneless skinless cut into 1-inch chunks

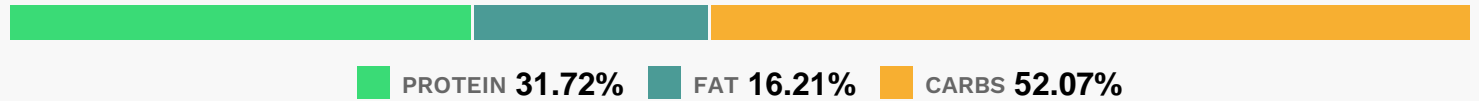
Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add chicken and onion; cook and stir until chicken is cooked through.
- Add beans, salsa, corn and broth. Bring to boil.
- Stir in rice; cover.
- Remove from heat.
- Let stand 5 min.

Nutrition Facts



Properties

Glycemic Index:2.63, Glycemic Load:0.81, Inflammation Score:-2, Nutrition Score:3.5186956385555%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 58.89kcal (2.94%), Fat: 1.06g (1.63%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 6.5g (2.36%), Sugar: 0.99g (1.1%), Cholesterol: 9.76mg (3.25%), Sodium: 162.42mg (7.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.32%), Vitamin B3: 2.15mg (10.74%), Selenium: 6.75µg (9.65%), Vitamin B6: 0.16mg (7.94%), Phosphorus: 59.67mg (5.97%), Manganese: 0.11mg (5.58%), Vitamin B1: 0.07mg (4.86%), Folate: 19.04µg (4.76%), Fiber: 1.15g (4.61%), Potassium: 141.3mg (4.04%), Iron: 0.58mg (3.24%), Magnesium: 11.82mg (2.96%), Vitamin B5: 0.29mg (2.85%), Copper: 0.05mg (2.25%), Vitamin B2: 0.03mg (2.02%), Zinc: 0.29mg (1.92%), Vitamin E: 0.28mg (1.84%), Vitamin K: 1.51µg (1.44%), Vitamin A: 67.11IU (1.34%), Vitamin C: 1mg (1.21%), Calcium: 10.86mg (1.09%)