



## Southwestern Chicken with Black Beans & Rice

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup black beans canned rinsed
- 14.5 oz canned tomatoes undrained canned
- 1 cup brown rice instant cooked
- 3 slices oscar mayer deli honey ham fresh chopped
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 0.5 cup onions chopped
- 0.5 tsp pepper sauce hot

0.5 lb chicken breasts boneless skinless

## Equipment

frying pan

## Directions

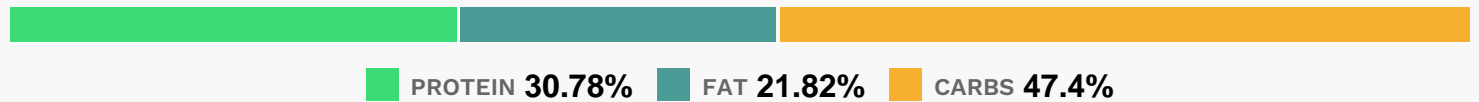
Heat dressing in large skillet on medium-high heat.

Add chicken and onions; cook 4 min., turning chicken and stirring onions after 2 min.

Add tomatoes, beans, ham and hot sauce; stir. Simmer on low heat 10 min. or until chicken is done (165F), turning chicken after 5 min.

Serve over hot rice.

## Nutrition Facts



## Properties

Glycemic Index:2.6, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:3.04130432528%

## Flavonoids

Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 47.21kcal (2.36%), Fat: 1.15g (1.77%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 4.71g (1.71%), Sugar: 0.99g (1.1%), Cholesterol: 7.89mg (2.63%), Sodium: 113.22mg (4.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.29%), Vitamin B3: 1.59mg (7.93%), Selenium: 5.17µg (7.39%), Vitamin B6: 0.12mg (5.91%), Vitamin B1: 0.08mg (5.44%), Phosphorus: 44.11mg (4.41%), Manganese: 0.09mg (4.32%), Folate: 16.87µg (4.22%), Fiber: 0.91g (3.63%), Iron: 0.63mg (3.52%), Potassium: 119.27mg (3.41%), Copper: 0.06mg (2.81%), Vitamin C: 2.12mg (2.57%), Magnesium: 9.56mg (2.39%), Vitamin B5: 0.22mg (2.22%), Vitamin B2: 0.04mg (2.07%), Zinc: 0.27mg (1.78%), Vitamin E: 0.26mg (1.75%), Vitamin K: 1.57µg (1.49%), Calcium: 10.34mg (1.03%)