



Spicy Skillet Chicken



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoons chili powder
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 1 tablespoon vegetable oil
- ☐ 15 oz black beans rinsed drained canned
- ☐ 11 oz corn whole with red and green peppers, undrained canned
- ☐ 0.3 cup salsa thick

☐ 2 cups rice hot cooked

Equipment

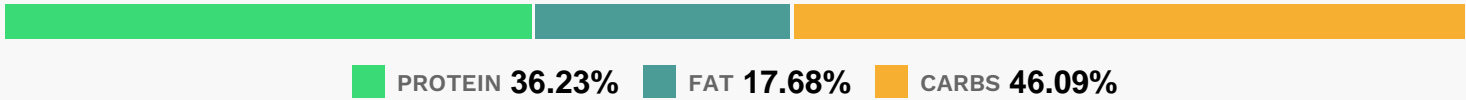
☐ bowl

☐ frying pan

Directions

- ☐ In small bowl, mix chili powder, salt and pepper; sprinkle evenly over both sides of chicken breasts.
- ☐ In 10-inch nonstick skillet, heat oil over medium heat.
- ☐ Add chicken; cook 8 to 10 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170°F).
- ☐ Stir in beans, corn and salsa.
- ☐ Heat to boiling. Reduce heat. Cover and simmer 3 to 5 minutes or until vegetables are hot.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:23.93, Inflammation Score:-6, Nutrition Score:24.676956319291%

Nutrients (% of daily need)

Calories: 456.79kcal (22.84%), Fat: 8.83g (13.59%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 51.8g (17.27%), Net Carbohydrates: 43.55g (15.84%), Sugar: 0.9g (1%), Cholesterol: 90.72mg (30.24%), Sodium: 1141.57mg (49.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.72g (81.44%), Vitamin B3: 16.67mg (83.35%), Selenium: 52.97µg (75.67%), Vitamin B6: 1.24mg (62.13%), Phosphorus: 487.05mg (48.71%), Manganese: 0.74mg (36.76%), Fiber: 8.25g (32.99%), Potassium: 1037.36mg (29.64%), Vitamin B5: 2.57mg (25.74%), Folate: 96.53µg (24.13%), Magnesium: 96.34mg (24.08%), Vitamin B1: 0.28mg (18.4%), Vitamin B2: 0.3mg (17.83%), Copper: 0.34mg (17.1%), Iron: 3.07mg (17.04%), Zinc: 2.07mg (13.79%), Vitamin K: 8.18µg (7.79%), Vitamin C: 6.31mg (7.65%), Vitamin E: 1.04mg (6.9%), Calcium: 62.21mg (6.22%), Vitamin A: 299.71IU (5.99%), Vitamin B12: 0.28µg (4.72%)