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## Spicy Chicken with Rice and Beans ♦♦

A delicious and flavorful dish made with spicy chicken, rice, and beans. This dish is perfect for a hearty and satisfying meal.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 40 mins

**Total Time:** 60 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	Chicken
250 g	Rice
250 g	beans
2 tsp	spices
1 tsp	salt
1 tsp	pepper

<b>2 tbsp</b>	oil
<b>100 g</b>	onion
<b>2 cloves</b>	garlic
<b>200 g</b>	Tomato
<b>20 g</b>	Cilantro
<b>1 pieces</b>	Lime

## Directions

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### Step 1

Marinate the chicken with spices, salt, and pepper for 30 minutes.

**Prep Time:** 30 mins

**Cook Time:** 0 mins

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### Step 2

**Frying**

Heat oil in a pan and cook the marinated chicken until golden brown.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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### Step 3

Remove the chicken from the pan and set aside.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Sautéing

In the same pan, sauté onion and garlic until fragrant.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 5

Stir-frying

Add rice and cook for 2 minutes.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 6

Boiling

Add water and bring to a boil. Reduce heat, cover, and simmer for 15 minutes or until rice is cooked.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 7

**Stirring**

Add beans and cooked chicken to the pan. Stir well and cook for another 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 8

Garnish with chopped cilantro and serve with lime wedges.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 10 g

**Protein:** 25 g

**Carbohydrates:** 40 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	8 g	21.05%	32%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Fall

## Kitchen Tools

Slow Cooker

Blender

## Nutritional Content

Low Calorie

## Cuisines

Italian

Mexican

Mediterranean

American

Middle Eastern

## Diet

Anti-Inflammatory Diet

## Meal Type

Lunch

Dinner

Snack

## Events

Picnic

## Course

Breads

Salads

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

## Difficulty Level

Medium

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