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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

2 tbsp	oil
100 g	onion
2 cloves	garlic
200 g	Tomato
20 g	Cilantro
1 pieces	Lime

Directions

Step 1

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

Prep Time: 30 mins

Cook Time: 0 mins

Step 2

Frying

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

Prep Time: 0 mins

Cook Time: 20 mins

Step 3

Remove the chicken from the pan and set aside.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Sautéing

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

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stir-frying

Add rice and cook for 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

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

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

Step 8

Garnish with chopped cilantro and serve with lime wedges.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

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%

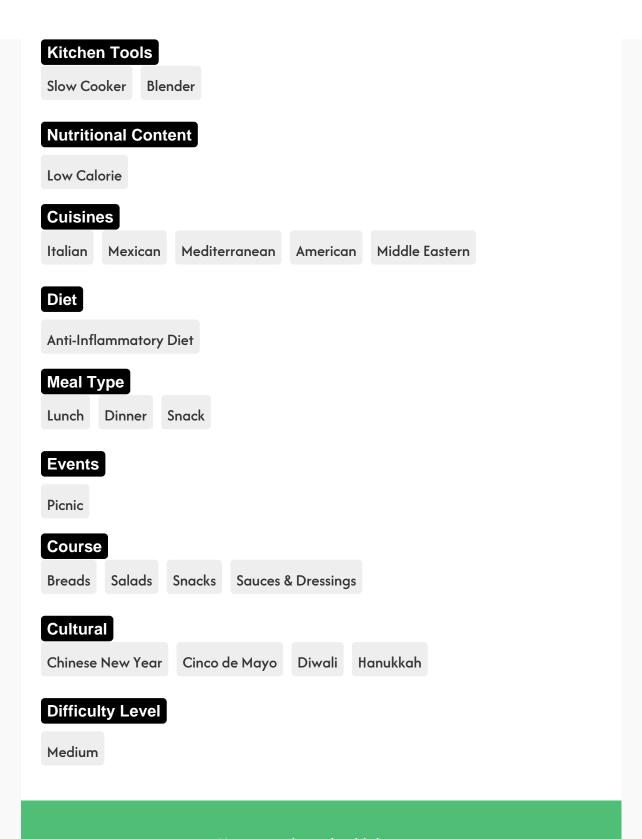
Minerals

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



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