

Easy Mango Chicken

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-jasmine-iced-tea-recipe>

Ingredients:

- 5 chicken breasts boneless and skinless, I use 3 large breasts
- cumin to taste
- lemon pepper to taste
- 14 1/2 ounces corn drained
- 14 1/2 ounces black beans drained and rinsed
- 3 cups mango salsa
- 2 cups jasmine Thai, scented white rice, note that other types of rice, such as brown rice, do not work for this recipe
- 1 1/2 cups coconut milk good-quality, not "lite"
- 2 cups water
- 1/2 teaspoon salt
- 1 teaspoon brown sugar
- 2 cups jasmine Thai, scented white rice*
- 2 cups coconut milk good-quality
- 1 3/4 cups water
- 1/2 teaspoon salt
- 1/2 teaspoon coconut oil
- vegetable oil
- 1 teaspoon brown sugar

Nutrition:

1. Calories: 850 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 85 milligrams
4. Fat: 56 grams
5. Fiber: 15 grams
6. Protein: 41 grams
7. SaturatedFat: 42 grams
8. Sodium: 1090 milligrams

9. Sugar: 10 grams

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