

Nutrition Intuition

One Pan Potatoes and Chicken

Serves 6

- 4 medium potatoes (cut into 3/4 in cubes, microwaved 8-10 minutes until tender or cooked on the top of the stove about 15 minutes until tender)
- 1 pound chicken boned and skinned (cut into 3/4 inch cubes)
- 2 tablespoons oil
- 1 cup salsa
- 1 can whole kernel corn (15 ounces)

Directions:

1. Cook potatoes as directed.
2. In a large skillet, brown chicken in oil on high for 5 minutes.
3. Add potatoes; cook until potatoes are lightly browned.
4. Add salsa and corn. Cook until heated through.

Nutrition Facts	
Serving Size 1/6 of recipe (291g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 410mg	17%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 21g	
Vitamin A 0%	Vitamin C 35%
Calcium 2%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrient Highlight

Vitamin C

- Vitamin C is found in fruits and vegetables like oranges, kiwi, strawberries, peppers, broccoli, tomatoes and many more!
- Vitamin C dramatically lowers blood lead levels. Lead toxicity can lead to behavioral and developmental problems in children.
- This vitamin protects your body from infection and maintains healthy bones and teeth. It also quickens the body's ability to repair wounds.
- Vitamin C helps increase iron absorption.
- High intakes of Vitamin C from food sources may lower the risk of many types of cancer and heart disease.

MyPlate Special

Protein

- Protein can come from a variety of foods, including: meats, seafood, eggs, beans and peas, nuts and seeds, and soy.
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood.
- Foods in the protein group are vital for health and maintenance of your body. However, choosing foods from this group that are high in saturated fat and cholesterol may have health implications.
- The leanest beef cuts include round steaks and roasts, top loin, top sirloin, and chuck shoulder and arm roasts.
- Choose beans, peas, or soy products as a main dish or part of a meal often. Use nuts to replace meat or poultry in salads.