



3-Step Greek Chicken & Rice Skillet

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



4

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups brown rice instant uncooked
- 1 optional: lemon
- 2 tsp oregano leaves dried
- 14 oz reduced sodium chicken broth fat-free reduced-sodium canned
- 1 lb chicken thighs boneless skinless cut into chunks
- 4 cups cut-up vegetables fresh green assorted (broccoli, carrots and peppers)
- 0.3 cup greek vinaigrette dressing kraft

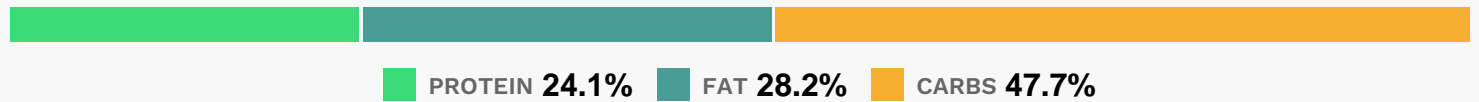
Equipment

frying pan

Directions

- Heat dressing in large deep nonstick skillet on medium heat.
- Add chicken; sprinkle with oregano. Cook 5 min., stirring once.
- Add vegetables and broth; simmer 5 min. Stir in rice; cover. Simmer 5 min. Turn off heat.
- Let stand, covered, 5 min. or until liquid is absorbed.
- Grate 1 tsp. lemon peel; sprinkle over chicken.
- Cut lemon into 4 wedges; serve with chicken and rice mixture.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:8.21, Inflammation Score:-10, Nutrition Score:32.253477967304%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 522.55kcal (26.13%), Fat: 16.74g (25.75%), Saturated Fat: 3.33g (20.83%), Carbohydrates: 63.69g (21.23%), Net Carbohydrates: 54.46g (19.8%), Sugar: 1.4g (1.56%), Cholesterol: 107.73mg (35.91%), Sodium: 597.56mg (25.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.18g (64.35%), Vitamin A: 9290.42IU (185.81%), Selenium: 45.02µg (64.31%), Vitamin B3: 12.25mg (61.23%), Vitamin B1: 0.74mg (49.44%), Manganese: 0.95mg (47.48%), Folate: 181.66µg (45.42%), Vitamin C: 33.26mg (40.31%), Vitamin B6: 0.78mg (38.83%), Phosphorus: 386.74mg (38.67%), Fiber: 9.24g (36.94%), Iron: 5.98mg (33.21%), Vitamin K: 29.51µg (28.1%), Vitamin B2: 0.4mg (23.44%), Potassium: 755.31mg (21.58%), Zinc: 3.22mg (21.45%), Magnesium: 81.36mg (20.34%), Vitamin B5: 2.02mg (20.22%), Copper: 0.34mg (17.17%), Vitamin B12: 0.92µg (15.4%), Vitamin E: 1.39mg (9.24%), Calcium: 90.53mg (9.05%)