



Almond Chicken and Rice

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup planters almonds divided toasted sliced
- 2 cups broccoli florets
- 1.3 cups chicken broth fat-free reduced-sodium
- 0.5 tsp garlic powder
- 1 cup rice white instant uncooked
- 1 lb chicken breasts boneless skinless
- 0.3 cup tuscan house dressing italian divided kraft

Equipment

frying pan

Directions

- Cook chicken in 2 Tbsp. dressing in large nonstick skillet on medium heat 4 min. on each side or until evenly browned.
- Stir in broth, garlic powder and remaining dressing; bring to boil. Cover; simmer 5 min or until chicken is done (165F).
- Remove chicken; cover to keep warm.
- Add broccoli to skillet; cook, uncovered, 3 min. Stir in rice and 3 Tbsp. nuts.
- Remove from heat; cover.
- Let stand 7 min.
- Serve chicken over rice; top with remaining nuts.

Nutrition Facts



Properties

Glycemic Index:1.57, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:3.1230434739719%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 39.88kcal (1.99%), Fat: 1.25g (1.93%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 2.9g (1.06%), Sugar: 0.36g (0.41%), Cholesterol: 9.68mg (3.23%), Sodium: 78mg (3.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Vitamin B3: 1.9mg (9.5%), Selenium: 6.35µg (9.07%), Vitamin K: 7.32µg (6.97%), Vitamin C: 5.6mg (6.79%), Vitamin B6: 0.13mg (6.59%), Phosphorus: 44.37mg (4.44%), Folate: 12.77µg (3.19%), Manganese: 0.06mg (3.15%), Vitamin B1: 0.04mg (2.89%), Vitamin B5: 0.28mg (2.78%), Potassium: 86.61mg (2.47%), Vitamin E: 0.32mg (2.11%), Vitamin B2: 0.03mg (1.99%), Magnesium: 7.91mg (1.98%), Iron: 0.33mg (1.84%), Fiber: 0.31g (1.25%), Zinc: 0.18mg (1.22%), Copper: 0.02mg (1.12%)