



 **51%**  
HEALTH SCORE

## Asian Chicken and Rice

 **Gluten Free**  **Dairy Free**

READY IN



**20 min.**

SERVINGS



**4**

CALORIES



**424 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10.8 ounce campbell's® condensed golden mushroom soup canned
- 1.5 cups rice white instant uncooked
- 16 ounce stir-fry vegetables frozen
- 1.3 ounce teriyaki seasoning mix
- 4 chicken breasts boneless skinless
- 1 tablespoon vegetable oil
- 1.5 cups water

## Equipment

frying pan

## Directions

Heat oil in skillet.

Add chicken and cook until browned.

Remove chicken.

Add soup, water, seasoning mix and vegetables.

Heat to a boil. Stir in rice. Top with chicken. Cover and cook over low heat 5 min. or until done.

## Nutrition Facts



**PROTEIN 32.12%** **FAT 19.7%** **CARBS 48.18%**

## Properties

Glycemic Index:12.5, Glycemic Load:4.94, Inflammation Score:-10, Nutrition Score:34.894347688426%

## Nutrients (% of daily need)

Calories: 423.95kcal (21.2%), Fat: 9.43g (14.5%), Saturated Fat: 2.37g (14.82%), Carbohydrates: 51.88g (17.29%), Net Carbohydrates: 42.81g (15.57%), Sugar: 0.38g (0.42%), Cholesterol: 76.13mg (25.38%), Sodium: 734.44mg (31.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.59g (69.18%), Vitamin A: 5942.95IU (118.86%), Vitamin B3: 16.56mg (82.81%), Selenium: 49.01µg (70.01%), Manganese: 1.28mg (64.1%), Vitamin K: 61.59µg (58.66%), Vitamin B6: 1.12mg (55.88%), Iron: 7.32mg (40.67%), Folate: 152.42µg (38.11%), Phosphorus: 377.47mg (37.75%), Fiber: 9.07g (36.26%), Vitamin B1: 0.54mg (36.01%), Potassium: 874.84mg (25%), Magnesium: 91.25mg (22.81%), Vitamin B5: 2.16mg (21.61%), Copper: 0.42mg (20.79%), Calcium: 188.29mg (18.83%), Vitamin B2: 0.31mg (18.29%), Zinc: 2.71mg (18.08%), Vitamin C: 13.35mg (16.19%), Vitamin E: 2.12mg (14.16%), Vitamin B12: 0.35µg (5.8%)