



## BBQ Chicken and Rice Skillet

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

READY IN



25 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup original barbecue sauce kraft
- 1.5 cups rice white instant uncooked
- 1 tsp oil
- 1 large bell pepper red chopped
- 1 lb chicken thighs boneless skinless cut into bite-size pieces
- 1.3 cups water
- 1 zucchini chopped

### Equipment

frying pan

## Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add chicken; cook 3 min., stirring occasionally.
- Add water, barbecue sauce and rice. Bring to boil.
- Reduce heat to medium-low; sprinkle with pepper and zucchini. Cover. Simmer 10 min.

## Nutrition Facts

 **PROTEIN 29.96%**  **FAT 17.33%**  **CARBS 52.71%**

## Properties

Glycemic Index:11.75, Glycemic Load:0.67, Inflammation Score:-9, Nutrition Score:22.3760869814%

## Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 347.92kcal (17.4%), Fat: 6.59g (10.14%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 45.13g (15.04%), Net Carbohydrates: 42.84g (15.58%), Sugar: 14.83g (16.48%), Cholesterol: 107.73mg (35.91%), Sodium: 481.63mg (20.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.31%), Vitamin C: 61.47mg (74.5%), Selenium: 38.23µg (54.61%), Vitamin B3: 9.43mg (47.14%), Vitamin B6: 0.77mg (38.5%), Folate: 124.56µg (31.14%), Vitamin B1: 0.45mg (30.21%), Vitamin A: 1489.01IU (29.78%), Phosphorus: 286.54mg (28.65%), Manganese: 0.51mg (25.68%), Iron: 3.53mg (19.59%), Vitamin B2: 0.31mg (18.27%), Vitamin B5: 1.79mg (17.89%), Zinc: 2.51mg (16.75%), Potassium: 583.87mg (16.68%), Magnesium: 49.72mg (12.43%), Vitamin B12: 0.73µg (12.1%), Copper: 0.19mg (9.55%), Vitamin E: 1.41mg (9.38%), Fiber: 2.29g (9.14%), Vitamin K: 8.88µg (8.46%), Calcium: 42.03mg (4.2%)