



## BBQ Chicken & Rice Dinner

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

READY IN



25 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup original barbecue sauce kraft
- 1 cup regular corn frozen
- 2 cups brown rice instant uncooked
- 2 Tbsp oil
- 1 lb chicken breasts boneless skinless
- 2 cups water

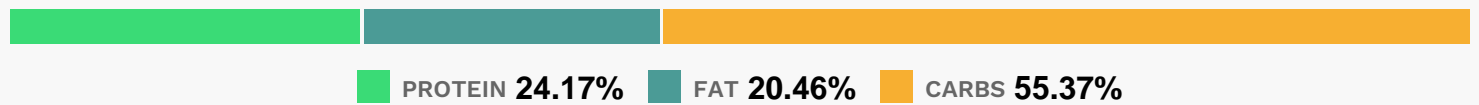
### Equipment

- frying pan

## Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add chicken; cook 6 to 7 min. on each side or until done (165F).
- Remove chicken from skillet; cover to keep warm.
- Add water, corn and barbecue sauce to same skillet; stir. Bring to boil, stirring occasionally. Stir in rice.
- Top with chicken; cover. Cook on low heat 5 min.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:21.310869662658%

## Nutrients (% of daily need)

Calories: 487.21kcal (24.36%), Fat: 11g (16.92%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 66.97g (22.32%), Net Carbohydrates: 64.52g (23.46%), Sugar: 17.83g (19.81%), Cholesterol: 72.57mg (24.19%), Sodium: 696.16mg (30.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.23g (58.46%), Vitamin B3: 15.85mg (79.27%), Selenium: 53.31µg (76.16%), Vitamin B6: 1.02mg (50.79%), Folate: 140.36µg (35.09%), Vitamin B1: 0.53mg (35.04%), Phosphorus: 335.49mg (33.55%), Manganese: 0.57mg (28.67%), Iron: 3.75mg (20.85%), Vitamin B5: 2.01mg (20.1%), Potassium: 676.87mg (19.34%), Magnesium: 56.86mg (14.21%), Vitamin E: 1.89mg (12.58%), Vitamin B2: 0.19mg (11.28%), Zinc: 1.66mg (11.1%), Fiber: 2.45g (9.82%), Copper: 0.19mg (9.27%), Vitamin K: 6.23µg (5.93%), Vitamin C: 4.65mg (5.64%), Calcium: 38.03mg (3.8%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 155.79IU (3.12%)