



## Bruschetta Chicken Skillet

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp basil fresh chopped
- 2 cloves garlic minced
- 2 cups rice white instant uncooked
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 28 oz no-salt-added tomatoes diced with basil, garlic and oregano, undrained canned
- 2 large pasilla peppers red chopped
- 1 lb chicken breasts boneless skinless
- 0.3 cup sun tomato vinaigrette dressing dried kraft

1 large tomatoes chopped

0.5 cup water

## Equipment

frying pan

## Directions

Heat dressing in large skillet on medium heat.

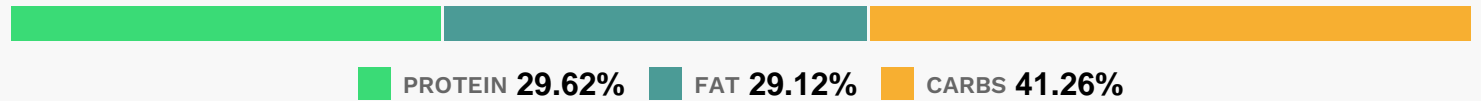
Add chicken, peppers and garlic; cover. Cook 10 min. or until chicken is done (165F), turning after 5 min.

Remove chicken from skillet, reserving peppers in skillet; cover chicken to keep warm.

Add canned tomatoes, water and rice to skillet; stir. Bring to boil; simmer, uncovered, on low heat 10 min. Meanwhile, combine cheese, fresh tomatoes and basil.

Return chicken to skillet; top with cheese mixture. Cook, covered, 5 min. or until chicken is heated through and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:4.25, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:4.094782564951%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 50.02kcal (2.5%), Fat: 1.63g (2.5%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 4.66g (1.7%), Sugar: 1.01g (1.12%), Cholesterol: 9.05mg (3.02%), Sodium: 33.66mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Vitamin C: 13.2mg (16.01%), Vitamin B3: 1.74mg (8.7%), Selenium: 5.71µg (8.15%), Vitamin B6: 0.14mg (7.2%), Vitamin A: 351.36IU (7.03%), Phosphorus: 49.25mg (4.93%), Folate: 18.79µg (4.7%), Vitamin B1: 0.06mg (4.2%), Vitamin K: 4.26µg (4.06%), Manganese: 0.08mg (4.01%),

Potassium: 112.52mg (3.21%), Iron: 0.57mg (3.18%), Calcium: 31.51mg (3.15%), Vitamin E: 0.39mg (2.61%), Vitamin B5: 0.24mg (2.37%), Vitamin B2: 0.04mg (2.36%), Fiber: 0.52g (2.06%), Magnesium: 8.13mg (2.03%), Zinc: 0.27mg (1.77%), Copper: 0.03mg (1.56%)