



Campbell's® 15-Minute Chicken and Rice Dinner

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

READY IN



15 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli fresh
- 10.8 ounce cream of chicken soup fat free 98% canned (Regular or)
- 0.3 teaspoon pepper black
- 2 cups rice white instant uncooked
- 0.3 teaspoon paprika
- 4 chicken breast boneless skinless
- 1 tablespoon vegetable oil

1.5 cups water

Equipment

frying pan

Directions

Heat oil in skillet. Cook chicken 10 minutes or until browned.

Remove chicken.

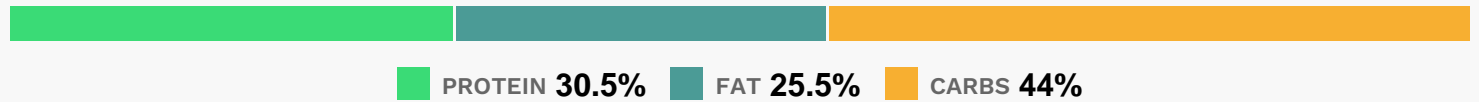
Add soup, water, paprika and pepper.

Heat to a boil.

Stir in rice and broccoli. Return chicken to pan.

Sprinkle additional paprika and pepper over chicken. Cover and cook on low heat 5 min. or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:2.93, Inflammation Score:-8, Nutrition Score:25.65347835292%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 406.47kcal (20.32%), Fat: 11.31g (17.4%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 43.92g (14.64%), Net Carbohydrates: 41.89g (15.23%), Sugar: 1.19g (1.33%), Cholesterol: 78.42mg (26.14%), Sodium: 689.3mg (29.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.44g (60.87%), Selenium: 54.72µg (78.17%), Vitamin B3: 15.39mg (76.96%), Vitamin K: 54.83µg (52.22%), Vitamin C: 40.68mg (49.31%), Vitamin B6: 0.98mg (48.94%), Folate: 152.1µg (38.02%), Vitamin B1: 0.51mg (34.15%), Phosphorus: 341.29mg (34.13%), Manganese: 0.6mg (30.13%), Iron: 4.3mg (23.86%), Vitamin B5: 2.2mg (21.99%), Potassium: 610.59mg (17.45%), Vitamin B2: 0.21mg (12.55%), Magnesium: 49.01mg (12.25%), Copper: 0.24mg (12.12%), Zinc: 1.69mg (11.25%), Vitamin A: 508.94IU (10.18%), Vitamin E: 1.3mg (8.68%), Fiber: 2.04g (8.15%), Calcium: 49.96mg (5%), Vitamin B12: 0.23µg (3.77%)