



Campbell's Kitchen Chicken Rice Skillet

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

READY IN



55 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.5 ounce campbell's® condensed chicken broth canned
- 2 pounds chicken parts
- 0.5 teaspoon garlic powder
- 1 large bell pepper green chopped
- 0.3 teaspoon pepper sauce hot
- 0.7 cup regular rice long-grain white uncooked
- 0.8 cup cut-up tomato canned drained
- 1 tablespoon vegetable oil

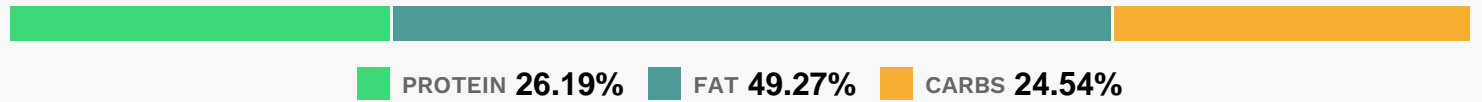
Equipment

frying pan

Directions

- Heat the oil in a 10-inch skillet over medium-high heat.
- Add the chicken and cook until well browned on all sides.
- Remove the chicken from the skillet.
- Pour off any fat.
- Stir the broth, garlic powder, hot pepper sauce, if desired, green pepper, tomatoes and rice in the skillet and heat to a boil. Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 30 minutes or until the chicken is cooked through.

Nutrition Facts



Properties

Glycemic Index:28.55, Glycemic Load:15.9, Inflammation Score:-6, Nutrition Score:18.395217501599%

Flavonoids

Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 502.63kcal (25.13%), Fat: 27.19g (41.82%), Saturated Fat: 7.27g (45.46%), Carbohydrates: 30.47g (10.16%), Net Carbohydrates: 28.47g (10.35%), Sugar: 3.35g (3.72%), Cholesterol: 117.15mg (39.05%), Sodium: 453.54mg (19.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.52g (65.04%), Vitamin B3: 11.9mg (59.5%), Vitamin C: 39.8mg (48.24%), Selenium: 27.52µg (39.32%), Vitamin B6: 0.76mg (37.84%), Phosphorus: 289.44mg (28.94%), Manganese: 0.54mg (26.79%), Vitamin B5: 1.89mg (18.93%), Zinc: 2.6mg (17.31%), Vitamin B2: 0.28mg (16.46%), Potassium: 549.86mg (15.71%), Iron: 2.44mg (13.55%), Vitamin K: 14.04µg (13.37%), Copper: 0.27mg (13.26%), Magnesium: 52.77mg (13.19%), Vitamin B1: 0.19mg (12.59%), Vitamin E: 1.53mg (10.17%), Vitamin A: 467.06IU (9.34%), Vitamin B12: 0.49µg (8.22%), Fiber: 1.99g (7.98%), Folate: 21.91µg (5.48%), Calcium: 48.42mg (4.84%), Vitamin D: 0.31µg (2.06%)