



## Campbell's® Quick and Easy Chicken, Broccoli and Brown Rice Dinner

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 cups broccoli flowerets fresh
- ☐ 10.8 ounce campbell's® condensed cream of chicken soup fat free 98% healthy request® canned Regular, or
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1.5 cups brown rice instant uncooked
- ☐ 0.3 teaspoon paprika
- ☐ 4 chicken breast halves boneless skinless
- ☐ 1 tablespoon vegetable oil

☐ 1.5 cups water

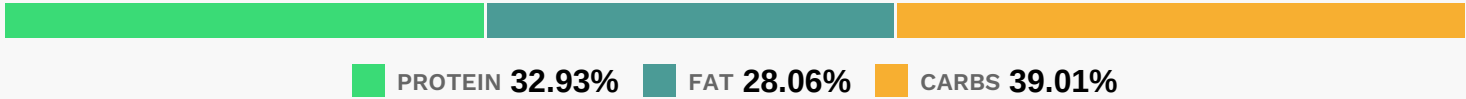
Equipment

☐ frying pan

Directions

- ☐ Heat oil in 10-inch skillet over medium-high heat.
- ☐ Add chicken and cook until well browned on both sides.
- ☐ Remove chicken from skillet.
- ☐ Stir soup, water, paprika and black pepper in skillet.
- ☐ Heat to a boil.
- ☐ Stir rice and broccoli in skillet. Reduce heat to low. Return chicken to skillet.
- ☐ Sprinkle additional paprika and black pepper over chicken. Cover and cook 5 minutes. or until chicken is cooked through and rice is tender.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:2.93, Inflammation Score:-7, Nutrition Score:23.972608918729%

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: 365.62kcal (18.28%), Fat: 11.21g (17.24%), Saturated Fat: 2.56g (15.97%), Carbohydrates: 35.07g (11.69%), Net Carbohydrates: 33.24g (12.09%), Sugar: 1.19g (1.32%), Cholesterol: 78.42mg (26.14%), Sodium: 688.22mg (29.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.6g (59.19%), Vitamin B3: 14.64mg (73.19%), Selenium: 50.72µg (72.46%), Vitamin K: 54.82µg (52.21%), Vitamin C: 40.68mg (49.31%), Vitamin B6: 0.97mg (48.29%), Phosphorus: 328.6mg (32.86%), Folate: 122.53µg (30.63%), Vitamin B1: 0.41mg (27.51%), Manganese: 0.5mg (24.84%), Vitamin B5: 2.15mg (21.53%), Iron: 3.62mg (20.1%), Potassium: 607.69mg (17.36%), Vitamin B2: 0.21mg (12.37%), Magnesium: 47.51mg (11.88%), Copper: 0.22mg (11.17%), Zinc: 1.53mg (10.22%), Vitamin A: 508.94IU

(10.18%), Vitamin E: 1.3mg (8.65%), Fiber: 1.83g (7.33%), Calcium: 47.59mg (4.76%), Vitamin B12: 0.23µg (3.77%)