



Cheesy Chicken and Rice

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups broccoli florets fresh
- 1.3 cups chicken broth fat-free reduced-sodium
- 2 cups rice white instant uncooked
- 1 Tbsp oil
- 1 lb chicken breasts boneless skinless
- 4 oz velveeta cut into 1/2-inch cubes
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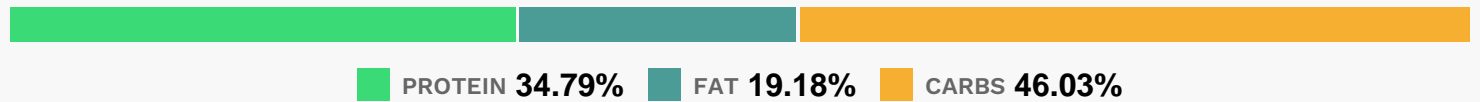
Equipment

frying pan

Directions

- Heat oil in large nonstick skillet on medium heat.
- Add chicken; cook 6 to 7 min. on each side or until done (165F).
- Remove chicken from skillet; cover to keep warm.
- Add broth to skillet. Bring to boil.
- Stir in rice, broccoli and VELVEETA. Top with chicken; cover. Cook on low heat 5 min.
- Remove chicken from skillet. Stir rice mixture until VELVEETA is completely melted and mixture is well blended.
- Serve chicken with the rice mixture.

Nutrition Facts



Properties

Glycemic Index:1.28, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:3.9408695694545%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 54.71kcal (2.74%), Fat: 1.14g (1.76%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 6.16g (2.05%), Net Carbohydrates: 5.84g (2.12%), Sugar: 0.14g (0.16%), Cholesterol: 11.61mg (3.87%), Sodium: 70.56mg (3.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.31%), Selenium: 8.8µg (12.57%), Vitamin B3: 2.48mg (12.42%), Vitamin C: 6.71mg (8.14%), Vitamin B6: 0.16mg (7.93%), Vitamin K: 7.87µg (7.49%), Folate: 24.35µg (6.09%), Vitamin B1: 0.08mg (5.42%), Phosphorus: 52.27mg (5.23%), Manganese: 0.09mg (4.35%), Vitamin B5: 0.34mg (3.44%), Iron: 0.57mg (3.16%), Potassium: 95.4mg (2.73%), Magnesium: 7.32mg (1.83%), Vitamin B2: 0.03mg (1.82%), Zinc: 0.24mg (1.57%), Vitamin E: 0.19mg (1.28%), Fiber: 0.32g (1.28%), Copper: 0.02mg (1.14%), Vitamin A: 50.8IU (1.02%)