



Cheesy Chipotle Chicken & Rice

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



55 min.

SERVINGS



55

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 lb broiler-fryer chicken
- 2 chicken bouillon cubes
- 1 Tbsp chipotle peppers in adobo sauce pureed
- 1 Tbsp oil
- 3.5 cups water
- 1.5 cups rice long-grain white uncooked
- 4 oz velveeta®
- 4 oz velveeta®

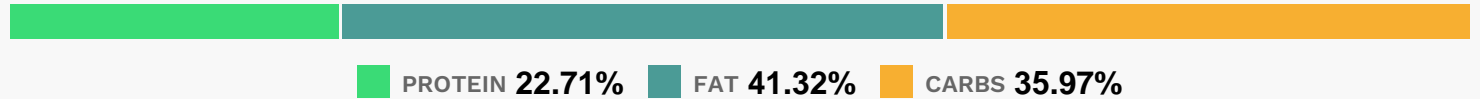
Equipment

frying pan

Directions

- Heat oil in large nonstick skillet on medium heat.
- Add chicken; cook 5 to 7 min. on each side or until browned on both sides.
- Remove chicken from skillet; set aside.
- Drain fat from skillet.
- Bring water and bouillon to boil in same skillet on medium-high heat, stirring occasionally. Stir in rice and peppers. Top with the chicken; cover. Reduce heat to medium-low; simmer 20 min. or until chicken is cooked through (180F).
- Remove chicken from skillet; cover to keep warm.
- Add VELVEETA to skillet; cook until melted, stirring occasionally. Return chicken to skillet; cover.
- Let stand 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:1.11, Glycemic Load:2.43, Inflammation Score:-1, Nutrition Score:1.1913043370713%

Nutrients (% of daily need)

Calories: 46.77kcal (2.34%), Fat: 2.1g (3.23%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 4.01g (1.46%), Sugar: 0.05g (0.05%), Cholesterol: 8.93mg (2.98%), Sodium: 44.05mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.19%), Vitamin B3: 0.89mg (4.46%), Selenium: 2.51µg (3.59%), Manganese: 0.06mg (2.87%), Vitamin B6: 0.05mg (2.5%), Phosphorus: 23.5mg (2.35%), Vitamin B5: 0.16mg (1.6%), Zinc: 0.21mg (1.41%), Vitamin B2: 0.02mg (1.02%)