



## Chicken and Asparagus Risotto

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



94 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 lb asparagus spears cut into 2-inch pieces thin
- 10 oz cream of chicken soup canned
- 2 cups rice white instant uncooked
- 1.3 cups milk
- 1 Tbsp oil
- 2 Tbsp parmesan cheese grated kraft
- 1 lb chicken breasts boneless skinless

### Equipment

frying pan

## Directions

- Cook chicken in hot oil in large skillet on medium heat 3 minutes on each side or until cooked through.
- Remove from skillet; cover to keep warm.
- Add soup and milk to skillet; bring to boil.
- Stir in rice and asparagus. Top with chicken; sprinkle with cheese. Cover. Reduce heat to low; simmer 5 minutes or until rice is tender and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:5.65, Glycemic Load:0.85, Inflammation Score:-3, Nutrition Score:6.1169564827629%

## Flavonoids

Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

## Nutrients (% of daily need)

Calories: 93.88kcal (4.69%), Fat: 2.87g (4.42%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 9.16g (3.33%), Sugar: 1.29g (1.43%), Cholesterol: 18.04mg (6.01%), Sodium: 142.06mg (6.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.01%), Selenium: 11.73µg (16.76%), Vitamin B3: 3.26mg (16.31%), Vitamin B6: 0.21mg (10.57%), Vitamin K: 10.63µg (10.12%), Phosphorus: 93.56mg (9.36%), Vitamin B1: 0.14mg (9.18%), Folate: 36.66µg (9.17%), Iron: 1.26mg (7.02%), Manganese: 0.13mg (6.73%), Vitamin B2: 0.09mg (5.16%), Vitamin B5: 0.51mg (5.12%), Potassium: 164.32mg (4.69%), Vitamin A: 234.74IU (4.69%), Copper: 0.08mg (4.14%), Calcium: 34.88mg (3.49%), Vitamin E: 0.51mg (3.42%), Zinc: 0.51mg (3.38%), Magnesium: 12.97mg (3.24%), Fiber: 0.64g (2.56%), Vitamin B12: 0.14µg (2.33%), Vitamin C: 1.56mg (1.89%), Vitamin D: 0.2µg (1.36%)