



## Chicken and Broccoli Skillet

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

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**435 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup rice long-grain white uncooked
- 1 tablespoon vegetable oil
- 1 lb chicken breast halves boneless skinless
- 18 oz cream of mushroom soup canned
- 12 oz broccoli frozen
- 0.3 teaspoon ground thyme
- 0.3 teaspoon pepper black

### Equipment

frying pan

## Directions

- Make rice as directed on package. Meanwhile, in 10-inch skillet, heat oil over medium-high heat until hot. Cook chicken in oil 3 to 4 minutes on each side or until lightly browned.
- Pour soup over chicken.
- Place broccoli & cheese around chicken.
- Sprinkle with thyme and pepper. Reduce heat to medium.
- Cover and cook 10 to 15 minutes or until juice of chicken is clear when center of thickest part is cut (170°F) and broccoli is tender.
- Remove chicken from skillet and place on serving platter. Stir vegetables and sauce.
- Pour sauce over chicken.
- Serve with rice on the side.

## Nutrition Facts



## Properties

Glycemic Index:31.3, Glycemic Load:23.37, Inflammation Score:-7, Nutrition Score:30.018260924712%

## Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

## Nutrients (% of daily need)

Calories: 435.36kcal (21.77%), Fat: 10.03g (15.43%), Saturated Fat: 2.88g (17.98%), Carbohydrates: 49.38g (16.46%), Net Carbohydrates: 46.26g (16.82%), Sugar: 1.5g (1.67%), Cholesterol: 78.95mg (26.32%), Sodium: 1066.47mg (46.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.66g (71.31%), Vitamin C: 77.26mg (93.64%), Vitamin K: 94.55µg (90.05%), Vitamin B3: 14.26mg (71.32%), Selenium: 45.41µg (64.87%), Vitamin B6: 1.13mg (56.29%), Manganese: 1.1mg (55.12%), Phosphorus: 384.77mg (38.48%), Vitamin B5: 2.82mg (28.16%), Potassium: 904.43mg (25.84%), Copper: 0.43mg (21.57%), Zinc: 2.92mg (19.46%), Vitamin B2: 0.31mg (18.39%), Folate: 70.94µg (17.73%), Magnesium: 68.19mg (17.05%), Iron: 2.39mg (13.3%), Vitamin B1: 0.19mg (12.75%), Fiber: 3.12g (12.49%), Vitamin A: 566.93IU (11.34%), Vitamin E: 1.21mg (8.09%), Vitamin B12: 0.43µg (7.18%), Calcium: 65.43mg (6.54%)