



Chicken and Broccoli Skillet

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

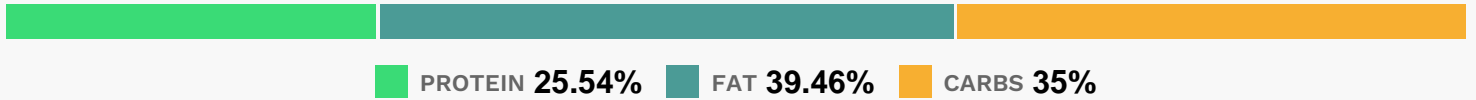
Equipment

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 (170F) 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:23.3, Glycemic Load:22.27, Inflammation Score:-5, Nutrition Score:18.577825960906%

Nutrients (% of daily need)

Calories: 573.14kcal (28.66%), Fat: 24.94g (38.36%), Saturated Fat: 6.18g (38.63%), Carbohydrates: 49.77g (16.59%), Net Carbohydrates: 48.86g (17.77%), Sugar: 3.46g (3.84%), Cholesterol: 86.61mg (28.87%), Sodium: 1736.65mg (75.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.32g (72.64%), Vitamin B3: 13.72mg (68.6%), Selenium: 43.28µg (61.83%), Vitamin B6: 0.98mg (48.85%), Manganese: 0.92mg (46.19%), Phosphorus: 328.64mg (32.86%), Vitamin B5: 2.33mg (23.29%), Copper: 0.39mg (19.49%), Potassium: 635.67mg (18.16%), Zinc: 2.57mg (17.14%), Magnesium: 50.33mg (12.58%), Vitamin B2: 0.21mg (12.53%), Vitamin A: 492.94IU (9.86%), Iron: 1.77mg (9.85%), Vitamin B1: 0.13mg (8.73%), Calcium: 86.18mg (8.62%), Vitamin K: 7.8µg (7.43%), Vitamin B12: 0.43µg (7.18%), Folate: 17.36µg (4.34%), Vitamin E: 0.55mg (3.67%), Fiber: 0.91g (3.64%), Vitamin C: 1.39mg (1.69%)