



## Chicken Broccoli Rice Bake

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 cups broccoli florets
- 8 oz philadelphia cream cheese spread
- 1 cup chicken broth fat-free reduced-sodium
- 1.3 cups rice white instant uncooked
- 1 cup italian\* five cheese shredded with a touch of philadelphia kraft
- 1 tsp penzey's southwest seasoning dried italian
- 2 Tbsp milk
- 1 Tbsp oil

- 1 onion chopped
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

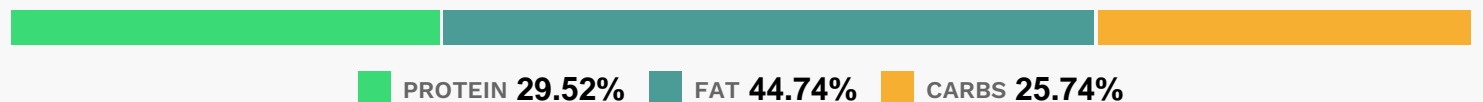
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 375F.
- Heat oil in large skillet on medium-high heat.
- Add chicken, broccoli and onions; cook and stir 5 min. Stir in broth; bring to boil.
- Add next 4 ingredients; mix well.
- Spoon into 8-inch square baking dish sprayed with cooking spray; top with shredded cheese. Cover.
- Bake 25 min. or until heated through, uncovering for the last 10 min.

## Nutrition Facts



## Properties

Glycemic Index:17, Glycemic Load:1.06, Inflammation Score:-7, Nutrition Score:18.356521839681%

## Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.69mg, Kaempferol: 3.69mg, Kaempferol: 3.69mg, Kaempferol: 3.69mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg

## Nutrients (% of daily need)

Calories: 356.67kcal (17.83%), Fat: 17.74g (27.29%), Saturated Fat: 6.8g (42.48%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 21.01g (7.64%), Sugar: 3.04g (3.38%), Cholesterol: 76.15mg (25.38%), Sodium: 472.8mg (20.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.34g (52.68%), Vitamin C: 42.86mg (51.95%),

Vitamin B3: 9.68mg (48.41%), Vitamin K: 50.2µg (47.81%), Selenium: 33.03µg (47.18%), Vitamin B6: 0.7mg (35.06%), Phosphorus: 224.9mg (22.49%), Folate: 85.53µg (21.38%), Vitamin B1: 0.26mg (17.4%), Manganese: 0.33mg (16.32%), Vitamin B5: 1.5mg (15.05%), Potassium: 477.73mg (13.65%), Vitamin A: 678.81IU (13.58%), Calcium: 128.47mg (12.85%), Iron: 1.94mg (10.79%), Vitamin B2: 0.16mg (9.13%), Magnesium: 35.34mg (8.84%), Fiber: 1.96g (7.85%), Vitamin E: 0.98mg (6.5%), Zinc: 0.95mg (6.32%), Copper: 0.09mg (4.54%), Vitamin B12: 0.25µg (4.23%)