



Chicken-Brown Rice Primavera

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 tsp pepper black
- 1 cup broccoli florets
- 0.5 cup carrots diagonally sliced
- 1.5 cups chicken broth
- 2 cloves garlic minced
- 2 cups brown rice instant uncooked
- 1 Tbsp oil
- 0.3 cup parmesan cheese grated kraft

- 0.5 bell pepper red cut into strips
- 0.8 lb chicken breasts boneless skinless cut into strips
- 0.5 cup baby squash yellow sliced

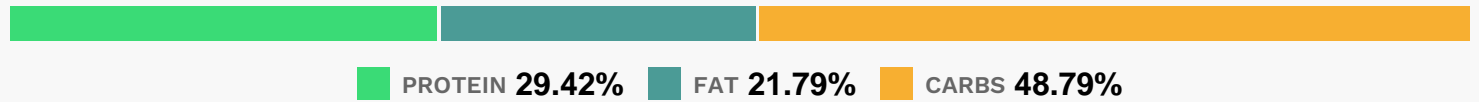
Equipment

- frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add chicken and garlic; cook and stir 5 min. or until chicken is lightly browned.
- Add broth, vegetables and black pepper; stir. Bring to boil.
- Stir in rice. Return to boil; cover. Simmer on low heat 5 min.
- Remove from heat.
- Let stand 5 min. Stir in cheese.

Nutrition Facts



Properties

Glycemic Index:5.12, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:2.5430434819149%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 34.59kcal (1.73%), Fat: 0.82g (1.27%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 3.92g (1.42%), Sugar: 0.25g (0.28%), Cholesterol: 6.16mg (2.05%), Sodium: 55.9mg (2.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5.01%), Vitamin A: 339.08IU (6.78%), Selenium: 4.66µg (6.66%), Vitamin B3: 1.26mg (6.3%), Vitamin C: 4.42mg (5.35%), Vitamin B6: 0.08mg (4.25%), Folate: 15.04µg (3.76%), Vitamin B1: 0.05mg (3.45%), Manganese: 0.06mg (3.18%), Phosphorus: 30.48mg (3.05%), Vitamin K: 2.95µg (2.81%), Iron: 0.35mg (1.93%), Vitamin B5: 0.17mg (1.68%), Potassium: 55.28mg (1.58%), Vitamin B2: 0.02mg (1.42%), Zinc: 0.17mg (1.11%), Magnesium: 4.27mg (1.07%)