



Chicken Rice Skillet

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1.3 pounds chicken breast boneless skinless cut into 1-inch pieces
- ☐ 2 cups water
- ☐ 1 tablespoon butter
- ☐ 1 pound bell pepper red frozen thawed
- ☐ 2 cups rice instant uncooked
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper

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4 ounces cheddar cheese shredded

Equipment

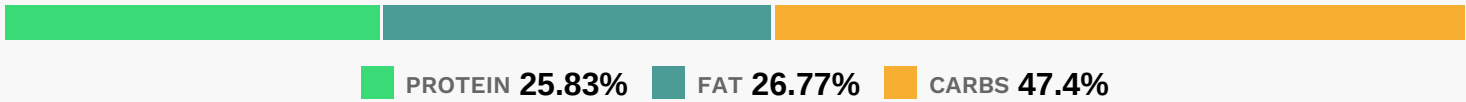
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frying pan

Directions

- ☐ In 12-inch skillet, heat oil over medium-high heat. Cook chicken in oil 3 to 4 minutes, stirring occasionally, until no longer pink in center.
- ☐ Add water and margarine; heat to boiling. Stir in vegetables, rice, salt and pepper.
- ☐ Sprinkle with cheese; remove from heat. Cover and let stand about 5 minutes or until water is absorbed.

Nutrition Facts



Properties

Glycemic Index:38.05, Glycemic Load:46.14, Inflammation Score:-10, Nutrition Score:35.74217365099%

Flavonoids

Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 699.9kcal (35%), Fat: 20.48g (31.51%), Saturated Fat: 7.59g (47.41%), Carbohydrates: 81.59g (27.2%), Net Carbohydrates: 77.98g (28.36%), Sugar: 4.97g (5.52%), Cholesterol: 119.07mg (39.69%), Sodium: 979.31mg (42.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.46g (88.92%), Vitamin C: 146.86mg (178.01%), Selenium: 67.47µg (96.39%), Vitamin B3: 17.39mg (86.96%), Vitamin A: 4002.96IU (80.06%), Vitamin B6: 1.56mg (78.18%), Manganese: 1.17mg (58.75%), Phosphorus: 564.37mg (56.44%), Vitamin B5: 3.44mg (34.39%), Potassium: 895.19mg (25.58%), Calcium: 246.87mg (24.69%), Vitamin B2: 0.41mg (24.12%), Zinc: 3.17mg (21.13%), Magnesium: 82.76mg (20.69%), Vitamin E: 2.76mg (18.42%), Folate: 71.24µg (17.81%), Vitamin B1: 0.23mg (15.03%), Copper: 0.29mg (14.57%), Fiber: 3.62g (14.46%), Vitamin K: 13.07µg (12.45%), Iron: 1.82mg (10.08%), Vitamin B12: 0.59µg (9.79%), Vitamin D: 0.31µg (2.08%)