



Chicken & Rice with Zucchini

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

READY IN



45 min.

SERVINGS



45

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 3 lb chicken breasts bone-in skinless
- 1 Tbsp chipotle chile pepper powder
- 4 cups brown rice long-grain hot cooked
- 8 green onions divided sliced
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 0.8 cup olives spanish divided quartered
- 1 jalapeño pepper stemmed seeded

- 2 bell peppers red coarsely chopped
- 1 large tomatoes chopped
- 1 zucchini sliced

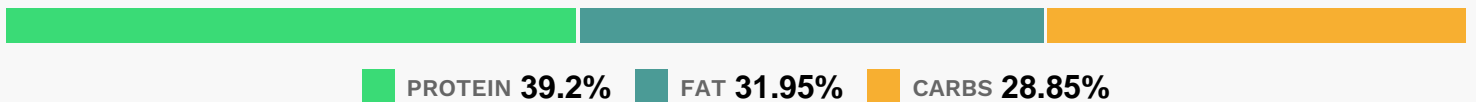
Equipment

- frying pan
- blender

Directions

- Sprinkle chicken with chipotle pepper; cook in 1/4 cup dressing in large skillet on medium-high heat 3 min. on each side or until browned on both sides.
- Meanwhile, blend remaining dressing, red peppers, 1/2 cup onions and jalapeo pepper in blender until smooth.
- Move chicken pieces to edge of skillet.
- Add pepper puree; bring to boil. Stir in 1/2 cup olives, bacon and remaining onions; cover. Simmer on medium-low heat 15 min. or until chicken is done (165F).
- Add zucchini and tomatoes; cook, covered, 5 min. or until vegetables are heated through. Stir in rice, remaining olives and onions.

Nutrition Facts



Properties

Glycemic Index:3.31, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:5.449130434057%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 76.06kcal (3.8%), Fat: 2.67g (4.1%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 4.68g (1.7%), Sugar: 0.98g (1.09%), Cholesterol: 20.64mg (6.88%), Sodium: 111.31mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.73%), Vitamin B3: 3.61mg (18.07%), Selenium: 11.87µg (16.96%), Vitamin B6: 0.29mg (14.31%), Vitamin C: 8.88mg (10.76%), Manganese: 0.19mg (9.35%), Phosphorus: 86.01mg (8.6%), Vitamin K: 6.88µg (6.55%), Vitamin B5: 0.52mg (5.23%), Vitamin A: 248.97IU (4.98%), Potassium: 164.65mg (4.7%), Magnesium: 18.26mg (4.56%), Vitamin B1: 0.05mg (3.33%), Fiber: 0.74g (2.98%), Vitamin B2: 0.05mg (2.79%), Zinc: 0.35mg (2.35%), Vitamin E: 0.34mg (2.24%), Folate: 7.42µg (1.86%), Copper: 0.04mg (1.86%), Iron: 0.29mg (1.63%), Vitamin B12: 0.07µg (1.17%)