



Chicken, Vegetable and Rice Medley

READY IN



45 min.

SERVINGS



8

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon adobo seasoning all-purpose
- ☐ 0.5 teaspoon ground pepper red (cayenne)
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons butter
- ☐ 2 lb chicken breast boneless skinless cut into 1-inch strips
- ☐ 2 cups bell pepper green chopped
- ☐ 0.5 cup onion chopped
- ☐ 1 cup mushrooms fresh sliced

- ☐ 14.5 oz tomatoes diced undrained canned
- ☐ 2 boxes asian – teriyaki rice
- ☐ 2 cups chicken broth (from 32-oz carton)

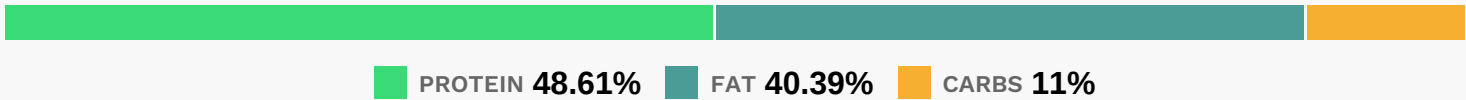
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In small bowl, mix paprika, all-purpose seasoning and red pepper; set aside.
- ☐ In 12-inch skillet, heat oil and butter over high heat until butter is melted.
- ☐ Add chicken and half of the paprika mixture; cook and stir over high heat until chicken is white.
- ☐ Remove chicken from skillet; set aside.
- ☐ Add bell peppers and onion to skillet; cook and stir 1 minute. Stir in mushrooms, tomatoes and remaining paprika mixture; cook and stir 1 minute. Stir in chicken, uncooked rice and seasoning mixes (from Chicken Helper boxes) and broth.
- ☐ Heat to boiling; reduce heat to low. Cover; cook 15 to 20 minutes or until rice is tender.
- ☐ Remove from heat.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:0.43, Inflammation Score:-6, Nutrition Score:17.027391576249%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 213.01kcal (10.65%), Fat: 9.52g (14.64%), Saturated Fat: 1.81g (11.28%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 4.25g (1.55%), Sugar: 3.08g (3.42%), Cholesterol: 73.75mg (24.58%), Sodium: 459.59mg (19.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.78g (51.55%), Vitamin B3: 12.99mg (64.94%), Selenium: 37.81µg (54.02%), Vitamin B6: 1.03mg (51.31%), Vitamin C: 37.19mg (45.08%), Phosphorus: 273.65mg (27.37%), Vitamin B5: 1.92mg (19.21%), Potassium: 656.9mg (18.77%), Vitamin B2: 0.24mg (14.33%), Vitamin A: 536.68IU (10.73%), Magnesium: 42.41mg (10.6%), Vitamin K: 11.07µg (10.54%), Vitamin B1: 0.15mg (9.74%), Vitamin E: 1.23mg (8.18%), Manganese: 0.16mg (7.79%), Copper: 0.14mg (7.24%), Iron: 1.24mg (6.9%), Fiber: 1.58g (6.32%), Zinc: 0.92mg (6.12%), Folate: 16.71µg (4.18%), Vitamin B12: 0.25µg (4.11%), Calcium: 32.33mg (3.23%)