



## Chicken with Creamy Lemon Sauce and Rice

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



463 kcal

SIDE DISH

### Ingredients

- 2 cups broccoli florets
- 2.7 cups rice long-grain white hot cooked
- 270 g philadelphia original cooking creme cream cheese product
- 1 clove garlic minced
- 2 teaspoons lemon zest
- 0.3 cup milk
- 1 tablespoon oil
- 4 oz chicken breasts boneless skinless

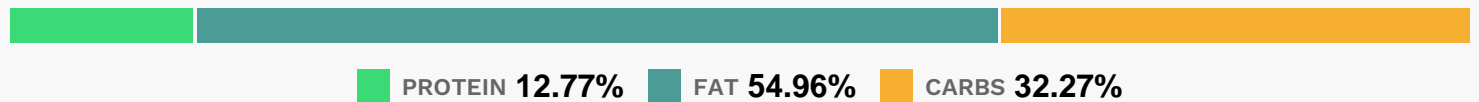
# Equipment

frying pan

# Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add chicken; cook 6 to 7 min. on each side or until done (170 degrees F).
- Add broccoli; cook 2 to 3 min. until crisp-tender, stirring occasionally.
- Transfer chicken and broccoli to plate; cover to keep warm.
- Add garlic to skillet; cook and stir 1 min.
- Add Cooking Creme, milk and zest; cook and stir 2 to 3 min. or until heated through. Plate chicken and broccoli with rice; spoon hot sauce over top.

# Nutrition Facts



# Properties

Glycemic Index:59, Glycemic Load:33.82, Inflammation Score:-7, Nutrition Score:16.362173971923%

# Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

# Nutrients (% of daily need)

Calories: 462.65kcal (23.13%), Fat: 28.41g (43.71%), Saturated Fat: 14.47g (90.44%), Carbohydrates: 37.54g (12.51%), Net Carbohydrates: 35.81g (13.02%), Sugar: 4.15g (4.61%), Cholesterol: 88.15mg (29.38%), Sodium: 266.89mg (11.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.85g (29.7%), Vitamin C: 42.45mg (51.45%), Vitamin K: 50.44µg (48.04%), Selenium: 24.32µg (34.74%), Manganese: 0.62mg (30.88%), Vitamin A: 1223.77IU (24.48%), Vitamin B6: 0.45mg (22.4%), Phosphorus: 223.75mg (22.38%), Vitamin B3: 3.76mg (18.78%), Vitamin B2: 0.27mg (16.07%), Vitamin B5: 1.52mg (15.25%), Calcium: 120.27mg (12.03%), Potassium: 402.12mg (11.49%), Vitamin E: 1.65mg (11.03%), Folate: 39.19µg (9.8%), Magnesium: 37.81mg (9.45%), Zinc: 1.28mg (8.52%), Fiber: 1.73g (6.9%), Vitamin B1: 0.1mg (6.51%), Copper: 0.12mg (5.9%), Vitamin B12: 0.29µg (4.79%), Iron: 0.74mg (4.13%), Vitamin D: 0.2µg (1.31%)