



 **61%**
HEALTH SCORE

Creamy Chicken À la King

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz oscar mayer carving board flame grilled chicken breast strips
- 2 Tbsp flour
- 2 cups rice white instant prepared uncooked
- 1 cup milk
- 0.3 cup miracle whip dressing
- 1 cup each: mushrooms and peas frozen sliced
- 1 dash pepper black
- 0.5 bell pepper red chopped

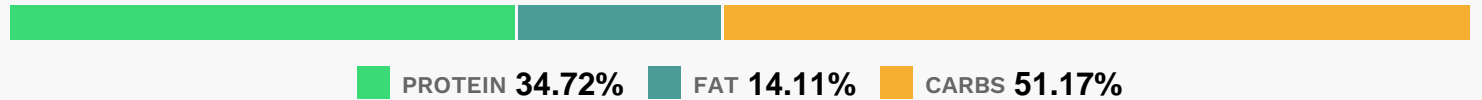
Equipment

- bowl
- sauce pan
- stove
- microwave

Directions

- Mix dressing, flour and milk in medium microwaveable bowl. Microwave on HIGH 3 to 4 min. or until sauce is thickened, stirring after 2 min.
- Stir in all remaining ingredients except rice. Microwave on MEDIUM (50%) 10 min. (or cook in saucepan on medium heat on stove top) until heated through, stirring every 4 min.
- Serve over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:55.33, Glycemic Load:4.74, Inflammation Score:-8, Nutrition Score:23.526521765667%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 405.12kcal (20.26%), Fat: 6.19g (9.53%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 50.53g (16.84%), Net Carbohydrates: 46.83g (17.03%), Sugar: 7.83g (8.71%), Cholesterol: 81.52mg (27.17%), Sodium: 260.35mg (11.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.29g (68.58%), Vitamin B3: 15.86mg (79.31%), Selenium: 42.57µg (60.81%), Vitamin B1: 0.63mg (41.72%), Vitamin C: 33.54mg (40.65%), Folate: 158.92µg (39.73%), Phosphorus: 354.43mg (35.44%), Vitamin B6: 0.71mg (35.31%), Manganese: 0.63mg (31.72%), Iron: 4.39mg (24.4%), Vitamin A: 874.53IU (17.49%), Vitamin B2: 0.27mg (16.01%), Zinc: 2.23mg (14.86%), Fiber: 3.71g (14.83%), Vitamin B5: 1.34mg (13.36%), Magnesium: 52.62mg (13.15%), Potassium: 455.43mg (13.01%), Calcium: 109.3mg (10.93%), Vitamin B12: 0.62µg (10.31%), Vitamin K: 10.25µg (9.76%), Copper: 0.19mg (9.52%), Vitamin D: 0.76µg (5.04%), Vitamin E: 0.56mg (3.75%)