



Creamy Chicken and Cheddar Rice

 **Gluten Free**

READY IN



25 min.

SERVINGS



25

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups broccoli fresh chopped
- 10 oz cream of mushroom soup canned
- 1 tsp garlic powder
- 1.5 cups rice white instant uncooked
- 1 soup can milk canned
- 1 cup cheddar cheese shredded kraft
- 1 lb chicken breasts boneless skinless cut into strips

Equipment

frying pan

Directions

Spray nonstick skillet with cooking spray.

Add chicken; cover. Cook 5 min. or until cooked through.

Sprinkle with garlic powder.

Add soup and milk. Bring to boil. Stir in rice and broccoli; cover. Reduce heat to low; simmer 5 min. or until rice is tender.

Stir in 1/2 cup of the cheese; sprinkle with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:4.08, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:4.3973913192749%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 68.48kcal (3.42%), Fat: 2.36g (3.62%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 5.19g (1.89%), Sugar: 0.14g (0.16%), Cholesterol: 16.7mg (5.57%), Sodium: 133.94mg (5.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.1%), Selenium: 9.21µg (13.16%), Vitamin B3: 2.4mg (12.02%), Vitamin B6: 0.16mg (8.21%), Vitamin C: 6.5mg (7.88%), Phosphorus: 73.38mg (7.34%), Vitamin K: 7.33µg (6.98%), Folate: 21.15µg (5.29%), Manganese: 0.1mg (5.2%), Vitamin B1: 0.07mg (4.57%), Calcium: 37.91mg (3.79%), Vitamin B5: 0.36mg (3.62%), Zinc: 0.5mg (3.35%), Vitamin B2: 0.05mg (3.22%), Potassium: 110.08mg (3.15%), Iron: 0.54mg (2.98%), Magnesium: 9.03mg (2.26%), Copper: 0.04mg (2.12%), Vitamin A: 94.66IU (1.89%), Vitamin B12: 0.1µg (1.71%), Fiber: 0.31g (1.26%)