



Creamy Ranch Chicken and Rice

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% canned Regular or
- ☐ 0.8 cup milk
- ☐ 4 servings paprika
- ☐ 1 ounce ranch dressing mix
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 1 tablespoon vegetable oil
- ☐ 2.3 cups water
- ☐ 1 cup rice white uncooked

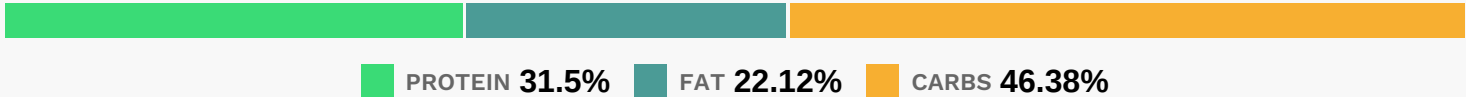
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat the oil in a 10-inch skillet over medium-high heat.
- ☐ Add the chicken and cook for 10 minutes or until it's well browned on both sides.
- ☐ Stir the soup, milk and 1/2 package salad dressing mix in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes or until the chicken is cooked through.
- ☐ Sprinkle with the paprika.
- ☐ Serve with the Ranch-Style Rice.
- ☐ Heat 2 1/4 cups water and the remaining salad dressing mix in a 3-quart saucepan over medium-high heat to a boil. Stir in 1 cup uncooked regular long-grain white rice and cook according to the package directions.

Nutrition Facts



Properties

Glycemic Index:28.55, Glycemic Load:23.13, Inflammation Score:-7, Nutrition Score:19.747826270435%

Nutrients (% of daily need)

Calories: 427.41kcal (21.37%), Fat: 10.19g (15.68%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 48.09g (16.03%), Net Carbohydrates: 46.64g (16.96%), Sugar: 2.46g (2.74%), Cholesterol: 81.87mg (27.29%), Sodium: 1230.99mg (53.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.66g (65.32%), Vitamin B3: 13.5mg (67.51%), Selenium: 44.27µg (63.24%), Vitamin B6: 1.03mg (51.32%), Manganese: 0.78mg (39.12%), Phosphorus: 365.91mg (36.59%), Vitamin B5: 2.45mg (24.51%), Vitamin A: 1093.21IU (21.86%), Potassium: 682.98mg (19.51%), Copper: 0.32mg (16.04%), Vitamin B2: 0.27mg (15.85%), Zinc: 2.29mg (15.25%), Magnesium: 56.76mg (14.19%), Vitamin B1: 0.15mg (10.16%), Vitamin B12: 0.6µg (9.93%), Iron: 1.75mg (9.7%), Calcium: 86.51mg (8.65%), Vitamin K: 8.27µg (7.88%), Vitamin E: 1.15mg (7.66%), Fiber: 1.45g (5.81%), Vitamin D: 0.62µg (4.11%), Folate: 14.55µg (3.64%), Vitamin C: 1.38mg (1.67%)