



Creamy Rice, Chicken and Spinach Dinner

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce baby spinach leaves
- ☐ 1.5 cups chicken broth fat-free reduced-sodium
- ☐ 2 cups brown rice instant uncooked
- ☐ 2 tablespoons parmesan cheese grated kraft
- ☐ 0.3 cup roasted pepper red italian with parmesan dressing kraft
- ☐ 1 pound chicken breasts boneless skinless cut into wide strips
- ☐ 1 large tomatoes chopped
- ☐ 4 ounces philadelphia cubed

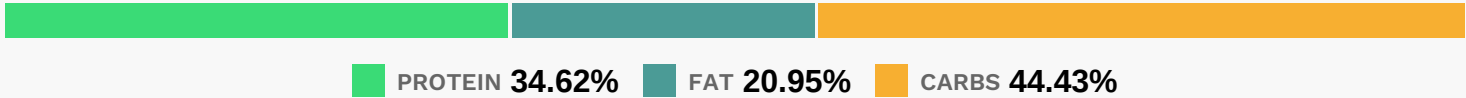
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat dressing in Dutch oven or large deep skillet on medium-high heat.
- ☐ Add chicken; cook 3 min.
- ☐ Add broth; bring to boil. Stir in rice; return to boil. Cover. Reduce heat to medium; simmer 5 min.
- ☐ Add cream cheese; cook 2 to 3 min. or until melted, stirring frequently.
- ☐ Add spinach. (Pan will be full.) Cook, covered, 1 min. or until spinach is wilted. Stir gently to mix in spinach.
- ☐ Remove pan from heat.
- ☐ Let stand, covered, 5 min. Stir in tomatoes; sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.72, Inflammation Score:-10, Nutrition Score:36.265652039777%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 386.39kcal (19.32%), Fat: 8.86g (13.63%), Saturated Fat: 3.73g (23.3%), Carbohydrates: 42.3g (14.1%), Net Carbohydrates: 39.59g (14.39%), Sugar: 3.24g (3.6%), Cholesterol: 90.06mg (30.02%), Sodium: 796.38mg (34.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.95g (65.91%), Vitamin K: 278.08µg (264.83%), Vitamin A: 5953.32IU (119.07%), Selenium: 56.76µg (81.08%), Vitamin B3: 16.08mg (80.4%), Folate: 247.39µg (61.85%), Vitamin B6: 1.09mg (54.55%), Manganese: 1.03mg (51.48%), Phosphorus: 397.63mg (39.76%), Vitamin B1:

0.55mg (36.8%), Vitamin C: 27.6mg (33.45%), Iron: 5.04mg (27.98%), Potassium: 968.33mg (27.67%), Magnesium: 90.26mg (22.56%), Vitamin B5: 2.23mg (22.32%), Vitamin B2: 0.32mg (18.99%), Calcium: 146.86mg (14.69%), Zinc: 1.95mg (13.02%), Copper: 0.24mg (12.25%), Vitamin B12: 0.69µg (11.53%), Vitamin E: 1.72mg (11.46%), Fiber: 2.72g (10.86%), Vitamin D: 0.21µg (1.41%)