



HEALTH SCORE

52%

Creamy Rice, Chicken and Spinach Dinner



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce baby spinach leaves
- ☐ 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

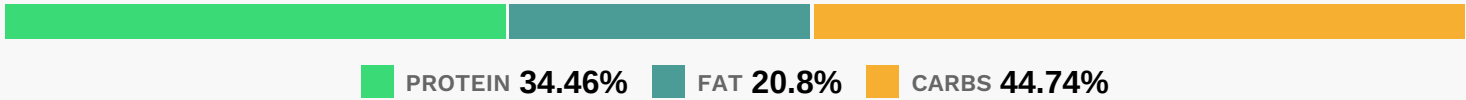
Equipment

- ☐ 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:35.595652295196%

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: 382.99kcal (19.15%), Fat: 8.72g (13.41%), Saturated Fat: 3.73g (23.3%), Carbohydrates: 42.18g (14.06%), Net Carbohydrates: 39.47g (14.35%), Sugar: 3.11g (3.45%), Cholesterol: 90.06mg (30.02%), Sodium: 448.22mg (19.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.49g (64.99%), Vitamin K: 278.08µg (264.83%), Vitamin A: 5953.32IU (119.07%), Selenium: 54.89µg (78.41%), Vitamin B3: 15.61mg (78.03%), Folate: 246.54µg (61.64%), Vitamin B6: 1.08mg (53.96%), Manganese: 1.02mg (51.01%), Phosphorus: 388.27mg (38.83%), Vitamin B1: 0.55mg (36.4%), Vitamin C: 27.6mg (33.45%), Iron: 4.92mg (27.32%), Potassium: 942.8mg (26.94%), Magnesium: 89.41mg (22.35%), Vitamin B5: 2.13mg (21.3%), Vitamin B2: 0.3mg (17.94%), Calcium: 143.46mg (14.35%), Zinc: 1.94mg (12.91%), Vitamin E: 1.72mg (11.46%), Copper: 0.23mg (11.44%), Fiber: 2.72g (10.86%), Vitamin B12: 0.52µg

(8.69%), Vitamin D: 0.21µg (1.41%)