



Creamy Rice, Chicken & Spinach Dinner

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz baby spinach leaves
- 1.5 cups chicken broth fat-free reduced-sodium
- 2 cups brown rice instant uncooked
- 4 oz philadelphia neufchatel cheese cubed ()
- 2 Tbsp parmesan cheese grated kraft
- 0.3 cup roasted pepper dressing red italian kraft
- 1 lb chicken breasts boneless skinless cut into thin strips
- 1 large tomatoes chopped

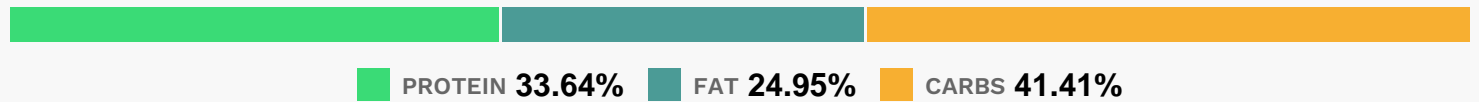
Equipment

- frying pan
- dutch oven

Directions

- Heat dressing in Dutch oven or large deep skillet on medium-high heat.
- Add chicken; cook 3 min., stirring occasionally. Stir in broth; bring to boil.
- Add rice; stir. Return to boil; cover. Simmer on medium heat 5 min.
- Add Neufchatel; 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; top with Parmesan.

Nutrition Facts



Properties

Glycemic Index:2.77, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:5.0313043999283%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 45.84kcal (2.29%), Fat: 1.26g (1.93%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 4.38g (1.59%), Sugar: 0.28g (0.32%), Cholesterol: 10.94mg (3.65%), Sodium: 90.21mg (3.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin K: 31.8µg (30.29%), Vitamin A: 689.74IU (13.79%), Selenium: 6.45µg (9.22%), Vitamin B3: 1.84mg (9.2%), Folate: 28.11µg (7.03%), Vitamin B6: 0.12mg (6.23%), Manganese: 0.12mg (5.88%), Phosphorus: 44.99mg (4.5%), Vitamin B1: 0.06mg (4.17%), Vitamin C: 3.15mg (3.82%), Iron: 0.57mg (3.19%), Potassium: 107.59mg (3.07%), Magnesium: 10.38mg (2.59%), Vitamin B5: 0.25mg (2.46%),

Vitamin B2: 0.04mg (2.11%), Calcium: 15.78mg (1.58%), Zinc: 0.23mg (1.54%), Copper: 0.03mg (1.39%), Vitamin E: 0.2mg (1.34%), Fiber: 0.31g (1.24%)