



Creamy Risotto-Style Chicken and Rice

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



348 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 ounce chicken stock see unsalted swanson® canned
- ☐ 10.8 ounce campbell's® condensed cream of chicken soup healthy request® canned
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 1 tablespoon parmesan cheese grated

- ☐ 1 large bell pepper diced red
- ☐ 1 cup regular rice long-grain white uncooked
- ☐ 1.3 pounds chicken breast halves boneless skinless cut into 1-inch pieces
- ☐ 0.5 teaspoon thyme leaves dried crushed

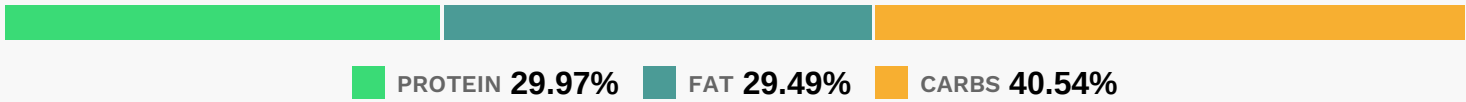
Equipment

- ☐ frying pan

Directions

- ☐ Season the chicken with the thyme and black pepper.
- ☐ Heat 1 tablespoon oil in a 12-inch skillet over medium-high heat.
- ☐ Add the chicken and cook until well browned and cooked through, stirring often.
- ☐ Remove the chicken from the skillet.
- ☐ Heat the remaining oil in the skillet.
- ☐ Add the onion, red pepper and garlic and cook for 3 minutes or until the vegetables are tender-crisp, stirring often.
- ☐ Add the rice and cook and stir for 2 minutes or until the rice is lightly browned. Stir in 1 cup stock. Stir in the remaining stock and the soup and heat to a boil. Reduce the heat to low. Cover and cook for 25 minutes or until the rice is tender, stirring occasionally.
- ☐ Return the chicken to the skillet and cook for 5 minutes or until the chicken is hot, stirring often.
- ☐ Sprinkle with the cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:50.36, Glycemic Load:17.39, Inflammation Score:-8, Nutrition Score:18.42869577978%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 348.45kcal (17.42%), Fat: 11.22g (17.26%), Saturated Fat: 2.42g (15.13%), Carbohydrates: 34.69g (11.56%), Net Carbohydrates: 33.18g (12.07%), Sugar: 3.34g (3.71%), Cholesterol: 66.79mg (22.26%), Sodium: 557.72mg (24.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.3%), Vitamin B3: 11.67mg (58.35%), Selenium: 37.57µg (53.68%), Vitamin C: 39.59mg (47.99%), Vitamin B6: 0.91mg (45.68%), Phosphorus: 285.36mg (28.54%), Manganese: 0.49mg (24.48%), Vitamin A: 1050.91IU (21.02%), Vitamin B5: 1.89mg (18.89%), Vitamin K: 17.89µg (17.04%), Potassium: 570.01mg (16.29%), Vitamin B2: 0.21mg (12.46%), Magnesium: 43.55mg (10.89%), Vitamin E: 1.62mg (10.82%), Copper: 0.21mg (10.38%), Vitamin B1: 0.14mg (9.05%), Iron: 1.54mg (8.58%), Zinc: 1.27mg (8.49%), Folate: 28.32µg (7.08%), Fiber: 1.51g (6.03%), Calcium: 41.21mg (4.12%), Vitamin B12: 0.2µg (3.34%)