

Easy Chicken Ñ la King

READY IN



30 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz oscar mayer carving board flame grilled chicken breast strips chopped
- 2 cups rice long-grain white hot cooked
- 1 cup milk fat-free
- 2 Tbsp flour
- 0.3 cup miracle whip dressing light
- 1 cup peas and mushrooms fresh frozen sliced
- 1 dash pepper black
- 0.5 cup bell pepper red chopped

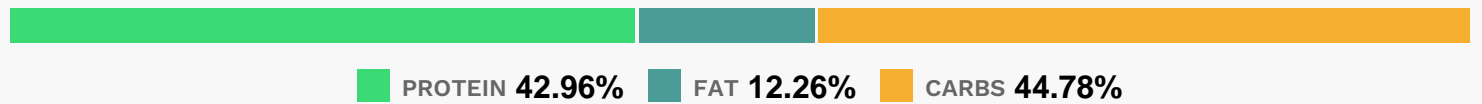
Equipment

- bowl
- microwave

Directions

- Mix dressing, flour and milk in medium microwaveable bowl. Microwave on HIGH 3 to 4 min. or until thickened, stirring after 2 min.
- Stir in all remaining ingredients except rice. Microwave on MEDIUM (50%) 10 min. or until heated through, stirring every 4 min.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:78.31, Glycemic Load:27.39, Inflammation Score:-6, Nutrition Score:17.19739102799%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 305.54kcal (15.28%), Fat: 4.06g (6.24%), Saturated Fat: 1.1g (6.92%), Carbohydrates: 33.33g (11.11%), Net Carbohydrates: 31.87g (11.59%), Sugar: 6.59g (7.32%), Cholesterol: 76.04mg (25.35%), Sodium: 258.31mg (11.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.97g (63.93%), Vitamin B3: 13.32mg (66.6%), Selenium: 34.15µg (48.78%), Vitamin B6: 0.7mg (35.01%), Phosphorus: 324.05mg (32.41%), Vitamin C: 24.34mg (29.51%), Manganese: 0.45mg (22.5%), Vitamin B2: 0.32mg (18.73%), Vitamin B5: 1.78mg (17.83%), Vitamin A: 740.76IU (14.82%), Potassium: 478.04mg (13.66%), Magnesium: 46.76mg (11.69%), Zinc: 1.71mg (11.41%), Vitamin B1: 0.17mg (11.24%), Vitamin B12: 0.65µg (10.9%), Calcium: 105.48mg (10.55%), Copper: 0.18mg (9.13%), Iron: 1.44mg (8.03%), Folate: 26.51µg (6.63%), Fiber: 1.46g (5.83%), Vitamin D: 0.81µg (5.38%), Vitamin E: 0.56mg (3.74%), Vitamin K: 1.22µg (1.16%)