



Easy Chicken and Rice

 **Gluten Free**  **Popular**

READY IN



30 min.

SERVINGS



4

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups chicken broth fat-free reduced-sodium
- 1 bell pepper green cut into strips
- 4 green onions sliced
- 2 cups brown rice instant uncooked
- 0.5 cup 1/2 cup kraft lite zesty italian dressing italian kraft
- 1 cup milk mild cheddar cheese shredded 2% kraft
- 1 lb chicken breasts boneless skinless cut into strips
- 2 tomatoes chopped

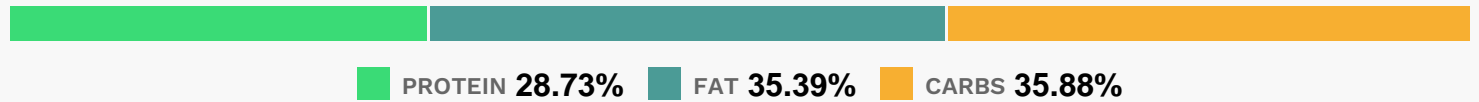
Equipment

frying pan

Directions

- Heat dressing in large nonstick skillet on medium-high heat.
- Add chicken; cook and stir 2 min.
- Stir in rice, broth and peppers. Bring to boil; cover. Simmer on low heat 5 min. or until chicken is done and rice is tender.
- Let stand, covered, 5 min. or until liquid is absorbed.
- Add tomatoes, cheese and onions; mix lightly.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:1.08, Inflammation Score:-8, Nutrition Score:28.732608986937%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 502.13kcal (25.11%), Fat: 19.46g (29.94%), Saturated Fat: 7.04g (43.98%), Carbohydrates: 44.39g (14.8%), Net Carbohydrates: 42.02g (15.28%), Sugar: 6g (6.67%), Cholesterol: 100.82mg (33.61%), Sodium: 908.31mg (39.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.54g (71.08%), Selenium: 62.5µg (89.28%), Vitamin B3: 15.86mg (79.3%), Vitamin B6: 1.07mg (53.66%), Vitamin K: 49.3µg (46.95%), Phosphorus: 455.62mg (45.56%), Vitamin C: 36.08mg (43.73%), Folate: 149.31µg (37.33%), Vitamin B1: 0.54mg (35.74%), Manganese: 0.59mg (29.29%), Calcium: 239.28mg (23.93%), Vitamin A: 1069.67IU (21.39%), Iron: 3.79mg (21.08%), Vitamin B5: 2.1mg (20.97%), Potassium: 729.83mg (20.85%), Vitamin B2: 0.29mg (17.33%), Zinc: 2.53mg (16.89%), Magnesium: 57.45mg (14.36%), Vitamin B12: 0.67µg (11.14%), Vitamin E: 1.6mg (10.64%), Copper: 0.2mg (10.05%), Fiber: 2.37g (9.49%), Vitamin D: 0.28µg (1.89%)