



Easy Chicken and Rice

 Dairy Free  Low Fod Map

READY IN



65 min.

SERVINGS



4

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bell pepper green chopped
- ☐ 0.8 cup rice instant uncooked
- ☐ 0.1 cup chicken rice soup mix
- ☐ 2 tablespoons shortening
- ☐ 2 cups water
- ☐ 3 pound meat from a rotisserie chicken whole cut into pieces

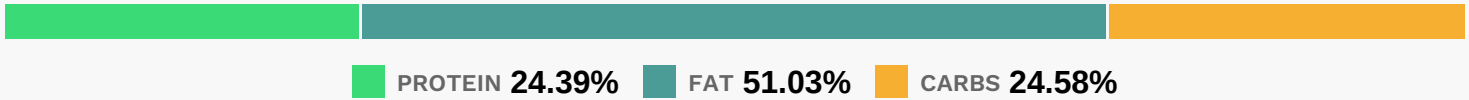
Equipment

- ☐ frying pan

Directions

- ☐ Melt the shortening in a large skillet over medium high heat.
- ☐ Saute the chicken sections in the shortening for 2 minutes per side, or until browned.
- ☐ Remove chicken and set aside.
- ☐ Add the rice and green bell pepper, if desired, and saute for 3 minutes, or until slightly browned.
- ☐ Add the soup mix and water and stir together well. Bring this to a boil, then add the chicken, reduce heat to low and simmer for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:17.8, Glycemic Load:16.78, Inflammation Score:-5, Nutrition Score:16.576521707618%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 561.88kcal (28.09%), Fat: 31.3g (48.15%), Saturated Fat: 8.72g (54.53%), Carbohydrates: 33.92g (11.31%), Net Carbohydrates: 32.48g (11.81%), Sugar: 1.1g (1.22%), Cholesterol: 122.47mg (40.82%), Sodium: 716.86mg (31.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.65g (67.31%), Vitamin B3: 11.91mg (59.56%), Selenium: 29.12µg (41.6%), Vitamin B6: 0.74mg (36.91%), Vitamin C: 26.78mg (32.46%), Phosphorus: 301.48mg (30.15%), Manganese: 0.49mg (24.69%), Vitamin B5: 1.97mg (19.74%), Zinc: 2.65mg (17.67%), Vitamin B2: 0.24mg (14.21%), Potassium: 453.88mg (12.97%), Magnesium: 49.92mg (12.48%), Copper: 0.22mg (10.97%), Iron: 1.95mg (10.81%), Vitamin B1: 0.16mg (10.74%), Vitamin B12: 0.51µg (8.44%), Vitamin K: 8.19µg (7.8%), Vitamin E: 1.04mg (6.93%), Vitamin A: 339.79IU (6.8%), Fiber: 1.44g (5.78%), Calcium: 44.84mg (4.48%), Folate: 15.55µg (3.89%), Vitamin D: 0.33µg (2.18%)