



Easy Chicken and Rice

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup rice long-grain white uncooked
- 2.3 cups water
- 2 tablespoons olive oil
- 8 oz mushrooms fresh sliced (3 cups)
- 2 small bell pepper red yellow cut into bite-size strips (2 cups)
- 8 medium spring onion with tops, finely chopped (1/2 cup)
- 3 cloves garlic finely chopped
- 1 cup pasta sauce

- 0.5 cup chicken broth (from 32-oz carton)
- 2 cups rotisserie chicken cut shredded (from 2-lb chicken)
- 4 oz parmesan shredded
- 3 tablespoons parsley fresh chopped

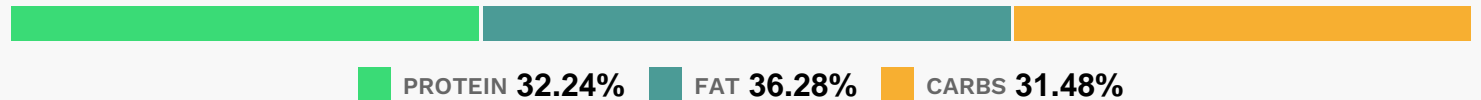
Equipment

- frying pan

Directions

- Cook rice in water as directed on package.
- Meanwhile, in deep 12-inch skillet, heat oil over medium-high heat. Cook mushrooms, bell peppers, onions and garlic in oil 2 to 3 minutes, stirring frequently, until vegetables are tender.
- Remove from heat until rice is cooked.
- Stir rice, pasta sauce, broth, chicken and 1/2 cup of the cheese into vegetable mixture; cook over medium-low heat about 3 to 5 minutes, stirring occasionally, until mixture is hot.
- Sprinkle with remaining 1/2 cup cheese and the parsley.

Nutrition Facts



Properties

Glycemic Index:43.2, Glycemic Load:16.44, Inflammation Score:-7, Nutrition Score:17.267826220264%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 408.29kcal (20.41%), Fat: 16.6g (25.54%), Saturated Fat: 5.57g (34.8%), Carbohydrates: 32.41g (10.8%), Net Carbohydrates: 30.18g (10.97%), Sugar: 2.99g (3.32%), Cholesterol: 88.95mg (29.65%), Sodium: 855.66mg (37.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.19g (66.39%), Vitamin K: 78.53µg (74.79%), Vitamin C: 55.8mg (67.64%), Calcium: 265.34mg (26.53%), Manganese: 0.5mg (24.94%), Phosphorus: 227.71mg (22.77%),

Selenium: 13.16µg (18.79%), Vitamin B2: 0.29mg (17.28%), Copper: 0.31mg (15.43%), Vitamin A: 742.15IU (14.84%), Vitamin B3: 2.72mg (13.59%), Potassium: 422.48mg (12.07%), Vitamin B5: 1.17mg (11.65%), Vitamin B6: 0.22mg (11.06%), Vitamin E: 1.47mg (9.82%), Folate: 36.19µg (9.05%), Fiber: 2.23g (8.92%), Zinc: 1.32mg (8.82%), Iron: 1.58mg (8.79%), Magnesium: 34.97mg (8.74%), Vitamin B1: 0.1mg (6.41%), Vitamin B12: 0.25µg (4.1%), Vitamin D: 0.17µg (1.13%)