



Easy Chicken and Rice Divan

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 oz broccoli frozen thawed drained chopped
- 2 cups milk fat-free
- 1 tsp garlic powder
- 2 cups brown rice instant uncooked
- 0.5 cup miracle whip dressing light
- 1.5 cups milk sharp cheddar cheese shredded 2% divided kraft
- 1.3 lb chicken breasts boneless skinless cut into bite-size pieces
- 0.5 tsp thyme leaves dried

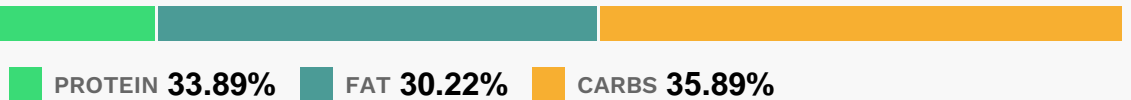
Equipment

- oven
- whisk
- baking pan

Directions

- Heat oven to 375F.
- Whisk first 3 ingredients in 13x9-inch baking dish until blended. Gradually stir in milk.
- Add chicken, rice, broccoli and 1 cup cheese; mix well. Cover.
- Bake 30 min.; stir. Top with remaining cheese; bake 5 to 10 min. or until chicken is done.
- Let stand 5 min. or until liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:23.71, Glycemic Load:2.14, Inflammation Score:-8, Nutrition Score:26.509565187537%

Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 395.38kcal (19.77%), Fat: 13.14g (20.22%), Saturated Fat: 6.23g (38.91%), Carbohydrates: 35.1g (11.7%), Net Carbohydrates: 32.87g (11.95%), Sugar: 7.24g (8.04%), Cholesterol: 93.09mg (31.03%), Sodium: 514.08mg (22.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.15g (66.3%), Selenium: 51.84µg (74.05%), Vitamin B3: 12.28mg (61.41%), Vitamin C: 43.39mg (52.6%), Phosphorus: 483.5mg (48.35%), Vitamin K: 49.09µg (46.75%), Vitamin B6: 0.9mg (45.05%), Calcium: 342.72mg (34.27%), Folate: 120.22µg (30.05%), Vitamin B1: 0.42mg (27.71%), Vitamin B2: 0.39mg (22.97%), Vitamin B5: 2.15mg (21.54%), Manganese: 0.41mg (20.36%), Potassium: 681.81mg (19.48%), Zinc: 2.57mg (17.15%), Vitamin B12: 0.96µg (16.04%), Vitamin A: 790.21IU (15.8%), Iron: 2.61mg (14.51%), Magnesium: 56.44mg (14.11%), Fiber: 2.23g (8.93%), Vitamin D: 1.16µg (7.75%), Copper: 0.11mg (5.67%), Vitamin E: 0.77mg (5.17%)