



Easy Rice, Chicken and Broccoli

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz broccoli frozen thawed chopped
- 10 oz cream of mushroom soup canned
- 3 cups rice hot cooked
- 0.3 cup milk
- 1.3 lb chicken breasts boneless skinless cut into strips
- 8 oz velveeta®
- 8 oz velveeta®

Equipment

frying pan

Directions

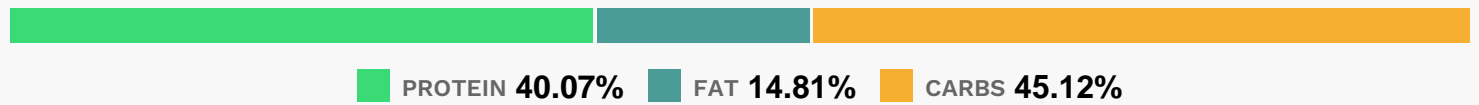
Spray skillet with cooking spray.

Add chicken; cook and stir on medium-high heat 4 to 5 minutes or until cooked through.

Add VELVEETA, soup, milk and broccoli. Reduce heat to low. Cook until VELVEETA is melted, stirring occasionally.

Spoon chicken mixture over rice.

Nutrition Facts



Properties

Glycemic Index:7.16, Glycemic Load:6.02, Inflammation Score:-2, Nutrition Score:5.6421739731146%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 65.05kcal (3.25%), Fat: 1.06g (1.63%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 6.68g (2.43%), Sugar: 0.44g (0.48%), Cholesterol: 15.37mg (5.12%), Sodium: 113.81mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.88%), Vitamin C: 16.46mg (19.95%), Vitamin K: 18.56µg (17.68%), Vitamin B3: 2.66mg (13.31%), Selenium: 9.18µg (13.11%), Vitamin B6: 0.23mg (11.26%), Manganese: 0.17mg (8.26%), Phosphorus: 73.51mg (7.35%), Vitamin B5: 0.53mg (5.32%), Potassium: 165.83mg (4.74%), Folate: 13.7µg (3.43%), Vitamin B2: 0.06mg (3.33%), Magnesium: 13.07mg (3.27%), Zinc: 0.43mg (2.89%), Copper: 0.05mg (2.54%), Vitamin A: 123.79IU (2.48%), Vitamin B1: 0.03mg (2.32%), Fiber: 0.57g (2.28%), Iron: 0.33mg (1.85%), Calcium: 15.01mg (1.5%), Vitamin E: 0.19mg (1.29%), Vitamin B12: 0.08µg (1.28%)