



Easy Spicy Chicken and Rice

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced with green chile peppers canned
- 10.8 ounce cream of chicken soup canned
- 4 servings salt and pepper to taste
- 4 chicken breasts boneless skinless
- 1 cup rice white uncooked

Equipment

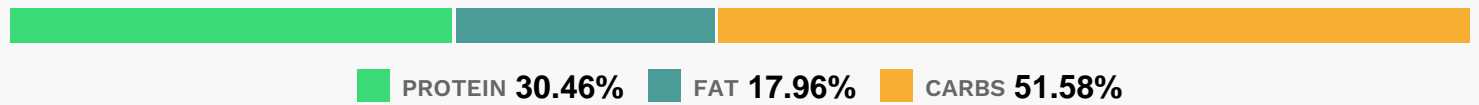
- bowl
- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl combine the tomatoes/chiles, soup, rice, salt and pepper.
- Mix well. If necessary, add a little water.
- Place chicken breasts in a 9x13 inch baking dish.
- Pour sauce mixture over chicken. Cover and bake for about 45 minutes, until rice is tender.

Nutrition Facts



Properties

Glycemic Index:26.05, Glycemic Load:24.6, Inflammation Score:-4, Nutrition Score:16.641304586245%

Nutrients (% of daily need)

Calories: 393.95kcal (19.7%), Fat: 7.63g (11.74%), Saturated Fat: 2.02g (12.61%), Carbohydrates: 49.29g (16.43%), Net Carbohydrates: 45.29g (16.47%), Sugar: 3.89g (4.32%), Cholesterol: 78.42mg (26.14%), Sodium: 1204.25mg (52.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.1g (58.2%), Vitamin B3: 12.82mg (64.12%), Selenium: 44.59µg (63.7%), Vitamin B6: 0.92mg (46.11%), Phosphorus: 314.11mg (31.41%), Manganese: 0.57mg (28.62%), Vitamin B5: 2.23mg (22.26%), Vitamin C: 13.76mg (16.68%), Fiber: 3.99g (15.97%), Potassium: 508.66mg (14.53%), Copper: 0.23mg (11.5%), Magnesium: 44mg (11%), Vitamin B2: 0.17mg (10.04%), Zinc: 1.38mg (9.21%), Iron: 1.6mg (8.87%), Vitamin B1: 0.11mg (7.64%), Vitamin E: 0.68mg (4.51%), Vitamin B12: 0.23µg (3.77%), Vitamin A: 172.56IU (3.45%), Vitamin K: 3.4µg (3.23%), Calcium: 29.39mg (2.94%), Folate: 9.74µg (2.44%)