



Fiesta Chicken and Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce chiles green undrained chopped canned
- ☐ 14.5 ounce canned tomatoes whole undrained canned
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 teaspoon olive oil
- ☐ 0.8 cup onion chopped 1 small onion
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup rice long-grain uncooked

- ☐ 0.5 teaspoon salt
- ☐ 1 pound skinned cut into bite-size pieces

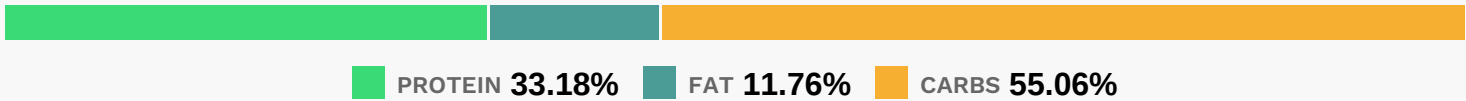
Equipment

- ☐ frying pan
- ☐ measuring cup

Directions

- ☐ Drain tomatoes and green chiles, reserving liquid from each together in a 1-cup liquid measuring cup.
- ☐ Add water to reserved liquid to measure 1 cup; set aside. Chop tomatoes; set tomato and chiles aside.
- ☐ Coat a large nonstick skillet with cooking spray; add oil.
- ☐ Place over medium heat until hot.
- ☐ Add rice, onion, and garlic; saut 3 minutes or until rice is golden.
- ☐ Stir tomato, green chiles, reserved 1 cup liquid, chicken, and remaining ingredients into rice mixture. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until liquid is absorbed and rice is tender.

Nutrition Facts



Properties

Glycemic Index:32.2, Glycemic Load:16.76, Inflammation Score:-5, Nutrition Score:14.248695414999%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 241.02kcal (12.05%), Fat: 3.12g (4.81%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 32.91g (10.97%), Net Carbohydrates: 30.46g (11.08%), Sugar: 3.91g (4.35%), Cholesterol: 48.38mg (16.13%), Sodium: 459.01mg (19.96%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.83g (39.66%), Vitamin B3: 9.38mg (46.92%), Selenium: 29.57µg (42.25%), Vitamin B6: 0.78mg (39.1%), Manganese: 0.53mg (26.43%), Phosphorus: 226.36mg (22.64%), Vitamin C: 16.28mg (19.73%), Potassium: 575.79mg (16.45%), Vitamin B5: 1.63mg (16.3%), Copper: 0.23mg (11.32%), Magnesium: 44.62mg (11.15%), Iron: 1.83mg (10.15%), Fiber: 2.45g (9.82%), Vitamin B1: 0.14mg (9.02%), Vitamin B2: 0.14mg (8.21%), Vitamin E: 1.14mg (7.59%), Folate: 29.73µg (7.43%), Zinc: 1.03mg (6.87%), Calcium: 51.04mg (5.1%), Vitamin K: 4.45µg (4.24%), Vitamin A: 198.77IU (3.98%), Vitamin B12: 0.15µg (2.52%)