



Fiesta Chicken from Uncle Ben's®

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

READY IN



60 min.

SERVINGS



6

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 chicken breast halves
- 1.5 tablespoons chili powder
- 0.3 cup cilantro leaves chopped
- 1 cup corn kernels frozen canned
- 3 cups brown rice whole instant
- 1 cup onion chopped
- 0.8 cup bell pepper diced red
- 0.8 cup salsa (mild)

3 cups water

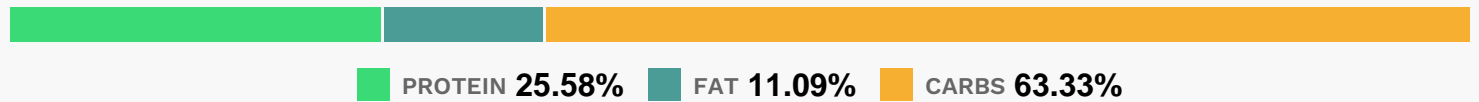
Equipment

frying pan

Directions

- Cut chicken breasts into 1/2-inch strips.
- Spray a 10-inch skillet with a nonstick spray and heat over a medium heat until hot.
- Add the chicken and red pepper, cook until chicken is browned and fully cooked.
- Add the onion, cook for 30 seconds.
- Add the water, rice, chili powder, corn and salsa; simmer for 10 minutes until rice is done.
- Serve chicken over the rice with chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.79, Inflammation Score:-9, Nutrition Score:32.392174078071%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 520.11kcal (26.01%), Fat: 6.39g (9.84%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 82.18g (27.39%), Net Carbohydrates: 76.25g (27.73%), Sugar: 5.3g (5.89%), Cholesterol: 72.32mg (24.11%), Sodium: 447.62mg (19.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.19g (66.38%), Manganese: 3.64mg (181.96%), Vitamin B3: 17.59mg (87.93%), Selenium: 58.83µg (84.04%), Vitamin B6: 1.51mg (75.68%), Phosphorus: 587.19mg (58.72%), Magnesium: 179.32mg (44.83%), Vitamin C: 28.42mg (34.45%), Vitamin B1: 0.49mg (32.83%), Vitamin B5: 3.27mg (32.67%), Vitamin A: 1423.87IU (28.48%), Potassium: 865.01mg (24.71%), Fiber: 5.93g (23.71%), Zinc: 2.87mg (19.13%), Vitamin E: 2.82mg (18.83%), Copper: 0.37mg (18.54%), Vitamin B2: 0.28mg (16.27%), Iron: 2.48mg (13.79%), Folate: 49.04µg (12.26%), Vitamin K: 8.55µg (8.14%), Calcium: 54.88mg (5.49%), Vitamin B12: 0.23µg (3.77%)