



WHATSheATE



HEALTH SCORE

34%

Garlic Chicken, Vegetable and Rice Skillet



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 cups chicken broth swanson®
- ☐ 2 cloves garlic minced
- ☐ 4 servings paprika
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1.3 pounds chicken breast halves boneless skinless
- ☐ 16 ounce savory vegetable frozen (broccoli, cauliflower, carrots)
- ☐ 0.8 cup rice white uncooked

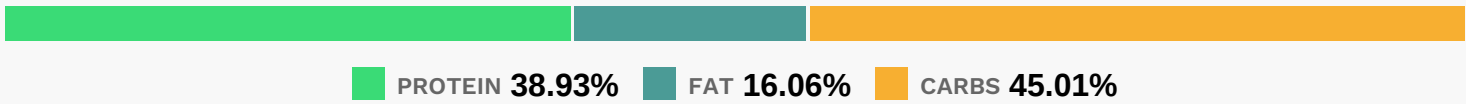
Equipment

☐ frying pan

Directions

- ☐ Spray a 12-inch skillet with the cooking spray and heat over medium-high heat for 1 minute.
- ☐ Add the chicken and garlic and cook for 10 minutes or until the chicken is well browned on both sides.
- ☐ Remove the chicken from the skillet.
- ☐ Stir the broth, rice and vegetables in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes. Stir in the cheese.
- ☐ Return the chicken to the skillet.
- ☐ Sprinkle the chicken with the paprika. Cover and cook for 10 minutes or until the chicken is cooked through and the rice is tender.

Nutrition Facts



Properties

Glycemic Index:37.8, Glycemic Load:21.72, Inflammation Score:-10, Nutrition Score:28.257826245349%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 409.9kcal (20.5%), Fat: 7.3g (11.24%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 46.06g (15.35%), Net Carbohydrates: 40.34g (14.67%), Sugar: 0.71g (0.79%), Cholesterol: 100.02mg (33.34%), Sodium: 748.34mg (32.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.85g (79.69%), Vitamin A: 6860.23IU (137.2%), Vitamin B3: 17.2mg (86.01%), Selenium: 54.72µg (78.17%), Vitamin B6: 1.3mg (64.78%), Phosphorus: 469.99mg (47%), Manganese: 0.79mg (39.33%), Vitamin B5: 2.65mg (26.52%), Potassium: 890.22mg (25.43%), Fiber: 5.72g (22.87%), Vitamin B2: 0.37mg (21.81%), Magnesium: 80.62mg (20.16%), Vitamin B1: 0.29mg (19.12%), Vitamin C: 13.98mg (16.95%), Zinc: 2.25mg (14.98%), Iron: 2.44mg (13.54%), Calcium: 130.22mg (13.02%), Copper: 0.26mg (12.88%), Folate: 42.86µg (10.71%), Vitamin B12: 0.42µg (6.94%), Vitamin E: 0.97mg (6.5%), Vitamin K: 2.09µg (1.99%), Vitamin D: 0.18µg (1.22%)