



## Garlic-Herb Cheese Twists

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



20

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 cups brown rice instant uncooked
- 0.5 cup 1/2 cup kraft lite zesty italian dressing italian kraft
- 16 oz stir-fry vegetables red frozen thawed (broccoli, peppers and carrots)
- 1 lb chicken breasts boneless skinless cut into thin strips

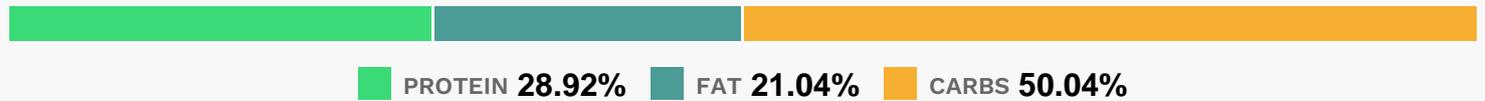
## Equipment

- frying pan

## Directions

- Cook rice as directed on package.
- Meanwhile, cook chicken in large nonstick skillet on medium heat 2 to 3 min. or until chicken is no longer pink, stirring frequently.
- Add vegetables and dressing; stir-fry 3 to 4 min. or until chicken is done and vegetables are crisp-tender.
- Serve chicken mixture over rice.

## Nutrition Facts



## Properties

Glycemic Index:2.25, Glycemic Load:0.97, Inflammation Score:-7, Nutrition Score:5.7521738578444%

## Nutrients (% of daily need)

Calories: 87.15kcal (4.36%), Fat: 2.03g (3.12%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 10.84g (3.61%), Net Carbohydrates: 9.77g (3.55%), Sugar: 0.64g (0.71%), Cholesterol: 14.52mg (4.84%), Sodium: 96.17mg (4.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.53%), Vitamin A: 1160.59IU (23.21%), Vitamin B3: 3.26mg (16.3%), Selenium: 10.66µg (15.24%), Vitamin B6: 0.21mg (10.29%), Vitamin B1: 0.12mg (8.2%), Folate: 31.13µg (7.78%), Manganese: 0.15mg (7.26%), Phosphorus: 72.04mg (7.2%), Iron: 0.86mg (4.76%), Fiber: 1.07g (4.28%), Potassium: 139.25mg (3.98%), Vitamin B5: 0.4mg (3.97%), Vitamin C: 2.65mg (3.22%), Magnesium: 12.84mg (3.21%), Vitamin K: 3.34µg (3.18%), Vitamin B2: 0.04mg (2.61%), Zinc: 0.36mg (2.4%), Copper: 0.04mg (2.18%), Vitamin E: 0.18mg (1.17%)