



Gluten-Free Skillet Chicken Divan

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 lb chicken breast boneless skinless
- 1 serving brown rice uncooked for on brown rice package for 1 cup rice
- 2 tablespoons dijon mustard
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 1 cup quick-cooking brown rice uncooked
- 3 cups broccoli florets frozen thawed

2 oz processed cheese food gluten-free shredded

Equipment

frying pan

whisk

Directions

Melt butter in 10-inch nonstick skillet over medium-high heat.

Add chicken; cook 1 to 2 minutes on each side or until browned.

Remove chicken from skillet.

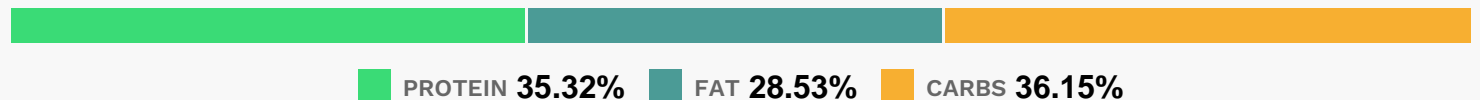
Add water, mustard, salt and pepper to skillet; stirring with wire whisk until blended.

Heat to boiling. Stir in rice; return to boiling.

Place chicken pieces and broccoli over rice. Reduce heat to low; cover and simmer about 10 minutes or until most of liquid is absorbed and juice of chicken is clear when center of thickest part is cut (170°F).

Sprinkle with cheese; cover and let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:57.94, Glycemic Load:6.13, Inflammation Score:-8, Nutrition Score:28.415652207706%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 359.58kcal (17.98%), Fat: 11.31g (17.4%), Saturated Fat: 5.2g (32.47%), Carbohydrates: 32.24g (10.75%), Net Carbohydrates: 29.31g (10.66%), Sugar: 1.6g (1.78%), Cholesterol: 94.27mg (31.42%), Sodium: 643.91mg (28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.5g (62.99%), Vitamin C: 62.27mg (75.48%), Selenium: 51.44µg (73.49%), Vitamin B3: 14.34mg (71.68%), Vitamin K: 70.69µg (67.33%), Vitamin B6: 1.07mg (53.43%), Phosphorus: 439.8mg (43.98%), Manganese: 0.86mg (43.1%), Folate: 110.81µg (27.7%), Vitamin B1: 0.39mg (25.71%), Vitamin B5:

2.36mg (23.62%), Potassium: 704.53mg (20.13%), Calcium: 200.45mg (20.05%), Magnesium: 71.27mg (17.82%), Iron: 2.7mg (15.01%), Vitamin B2: 0.24mg (14.34%), Vitamin A: 686.3IU (13.73%), Zinc: 1.89mg (12.6%), Fiber: 2.93g (11.7%), Vitamin B12: 0.45µg (7.42%), Copper: 0.15mg (7.4%), Vitamin E: 0.98mg (6.52%), Vitamin D: 0.2µg (1.32%)