



Greek Chicken and Rice Dinner

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

READY IN



40 min.

SERVINGS



40

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.3 oz olives black pitted drained canned
- 4 cups rice white hot cooked
- 1.3 lb chicken breasts boneless skinless
- 4 cups cut-up vegetables fresh red such as onions, peppers, broccoli and carrots assorted
- 0.5 cup greek vinaigrette dressing divided kraft

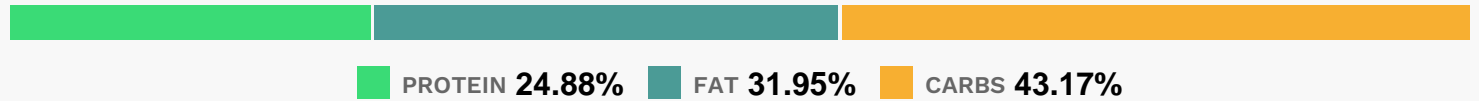
Equipment

- frying pan

Directions

- Heat 1/4 cup of the dressing in large skillet on medium heat.
- Add vegetables; cook and stir 15 min. or until vegetables are crisp-tender.
- Remove vegetables from skillet; cover to keep warm.
- Add remaining 1/4 cup dressing to skillet.
- Add chicken; cook 7 min. on each side or until chicken is cooked through. Return vegetables to skillet.
- Add olives; stir gently until well blended.
- Serve chicken and vegetables over rice.

Nutrition Facts



Properties

Glycemic Index:3.85, Glycemic Load:5.56, Inflammation Score:-6, Nutrition Score:3.6634782682294%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 64.69kcal (3.23%), Fat: 2.32g (3.56%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 7.04g (2.35%), Net Carbohydrates: 6.2g (2.25%), Sugar: 0.09g (0.11%), Cholesterol: 9.07mg (3.02%), Sodium: 50.06mg (2.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.11%), Vitamin A: 934.72IU (18.69%), Vitamin B3: 1.77mg (8.87%), Selenium: 5.86µg (8.37%), Vitamin B6: 0.14mg (6.94%), Manganese: 0.12mg (6.06%), Phosphorus: 47.36mg (4.74%), Fiber: 0.84g (3.38%), Vitamin K: 3.14µg (2.99%), Vitamin B5: 0.29mg (2.94%), Potassium: 97.48mg (2.79%), Magnesium: 10.12mg (2.53%), Vitamin C: 2.06mg (2.5%), Vitamin B1: 0.03mg (2.32%), Vitamin B2: 0.03mg (1.87%), Copper: 0.03mg (1.68%), Zinc: 0.24mg (1.61%), Vitamin E: 0.24mg (1.59%), Folate: 6.37µg (1.59%), Iron: 0.26mg (1.47%)