



Grilled Chicken & Summer Vegetable Skillet

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup original barbecue sauce kraft
- 4 easy grilled bbq chicken breasts chopped (see tip)
- 2 cloves garlic minced
- 2 green onions sliced
- 1.5 cups rice white instant uncooked
- 1 cup italian* five cheese blend shredded kraft finely
- 1 Tbsp oil
- 1 tomatoes chopped

- 1.3 cups water
- 1 bell pepper red yellow coarsely chopped

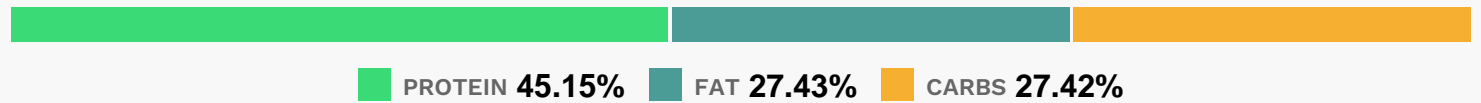
Equipment

- frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add peppers; cook 7 min., stirring occasionally. Stir in garlic; cook 1 min.
- Add rice, water and barbecue sauce; stir. Bring to boil, stirring occasionally. Top with Easy Grilled Chicken Breasts, tomatoes and cheese; cover. Simmer on medium-low heat 10 min. or until rice is tender and cheese is melted.
- Top with onions.

Nutrition Facts



Properties

Glycemic Index:3.77, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:3.3173913022746%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 65.75kcal (3.29%), Fat: 1.97g (3.03%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 4.43g (1.48%), Net Carbohydrates: 4.2g (1.53%), Sugar: 0.93g (1.04%), Cholesterol: 17.35mg (5.78%), Sodium: 42.91mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.58%), Vitamin B3: 3.02mg (15.12%), Selenium: 6.85µg (9.79%), Vitamin B6: 0.14mg (6.96%), Vitamin C: 5.03mg (6.09%), Phosphorus: 51.82mg (5.18%), Vitamin B1: 0.05mg (3.48%), Folate: 13.5µg (3.37%), Vitamin A: 151.28IU (3.03%), Manganese: 0.05mg (2.7%), Iron: 0.49mg (2.7%), Vitamin B5: 0.22mg (2.24%), Vitamin K: 2.25µg (2.14%), Potassium: 74.14mg (2.12%), Magnesium: 7.54mg (1.89%), Zinc: 0.27mg (1.82%), Vitamin B2: 0.03mg (1.7%), Vitamin E: 0.22mg (1.45%), Calcium: 12.48mg (1.25%), Copper: 0.02mg (1.14%), Vitamin B12: 0.07µg (1.11%)