



Herbed Chicken, Vegetable and Rice Skillet

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce campbell's® condensed cream of chicken with herbs soup* canned
- 0.3 teaspoon garlic powder
- 0.3 teaspoon ground pepper black
- 1.5 cups rice white instant uncooked
- 4 chicken breast halves boneless skinless
- 2 cups vegetable combination frozen thawed (broccoli, cauliflower, carrots)
- 1 tablespoon vegetable oil
- 1.5 cups water

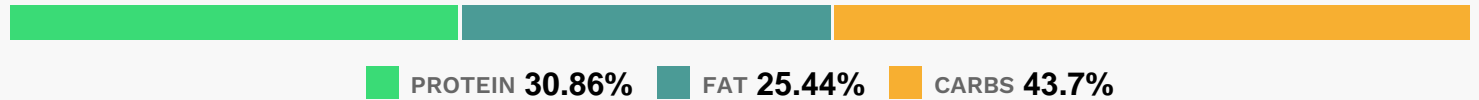
Equipment

frying pan

Directions

- Sprinkle the chicken with the garlic powder.
- Heat the oil in a 10-inch skillet over medium-high heat.
- Add the chicken and cook until it's well browned on both sides.
- Remove the chicken from the skillet.
- Stir the soup, water and pepper in the skillet.
- Heat to a boil.
- Stir in the rice and vegetables. Top with the chicken. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:6.24, Inflammation Score:-10, Nutrition Score:25.917826009833%

Nutrients (% of daily need)

Calories: 409.17kcal (20.46%), Fat: 11.5g (17.7%), Saturated Fat: 2.59g (16.2%), Carbohydrates: 44.47g (14.82%), Net Carbohydrates: 40.17g (14.61%), Sugar: 0.43g (0.48%), Cholesterol: 78.42mg (26.14%), Sodium: 716.5mg (31.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.4g (62.8%), Vitamin A: 4794.23IU (95.88%), Vitamin B3: 15.49mg (77.43%), Selenium: 50.02µg (71.46%), Vitamin B6: 0.98mg (48.83%), Phosphorus: 353.64mg (35.36%), Vitamin B1: 0.49mg (32.86%), Manganese: 0.63mg (31.31%), Folate: 121.23µg (30.31%), Iron: 4.15mg (23.03%), Vitamin B5: 2.05mg (20.47%), Potassium: 660.96mg (18.88%), Fiber: 4.3g (17.2%), Magnesium: 60.03mg (15.01%), Copper: 0.29mg (14.33%), Vitamin B2: 0.23mg (13.82%), Vitamin C: 10.9mg (13.21%), Zinc: 1.76mg (11.75%), Vitamin K: 9.84µg (9.37%), Vitamin E: 0.92mg (6.13%), Calcium: 49.53mg (4.95%), Vitamin B12: 0.23µg (3.77%)