



Herbed Tomatoes, Chicken & Rice

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 oz canned tomatoes diced undrained canned
- 2 Tbsp cilantro leaves fresh chopped
- 2 cloves garlic minced
- 2 cups brown rice instant uncooked
- 0.3 cup lite house dressing italian kraft
- 1 cup milk mozzarella cheese shredded 2% kraft
- 1 lb chicken breasts boneless skinless
- 1 tomatoes fresh chopped

1 cup water

Equipment

frying pan

Directions

Heat dressing in large skillet on medium heat.

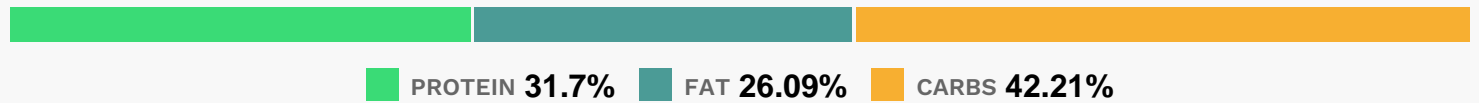
Add chicken and garlic; cover. Cook 5 min. on each side or until chicken is browned on both sides.

Remove chicken from skillet; set aside.

Add canned tomatoes and water to skillet; stir in rice. Bring to boil; simmer, uncovered, on low heat 10 min. Return chicken to skillet. Top with cheese; cover.

Cook 5 min. or until chicken is done (165F); top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.62, Inflammation Score:-8, Nutrition Score:28.148261028787%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 453.48kcal (22.67%), Fat: 13.03g (20.04%), Saturated Fat: 4.87g (30.44%), Carbohydrates: 47.43g (15.81%), Net Carbohydrates: 44.22g (16.08%), Sugar: 7.44g (8.27%), Cholesterol: 94.69mg (31.56%), Sodium: 745.87mg (32.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.62g (71.25%), Selenium: 57.75µg (82.5%), Vitamin B3: 16.5mg (82.48%), Vitamin B6: 1.19mg (59.27%), Phosphorus: 437.67mg (43.77%), Vitamin B1: 0.59mg (39.06%), Folate: 145.4µg (36.35%), Manganese: 0.67mg (33.37%), Vitamin C: 24.61mg (29.83%), Iron: 5.33mg (29.59%), Potassium: 917.81mg (26.22%), Calcium: 227.66mg (22.77%), Vitamin B5: 2.11mg (21.13%), Vitamin B2: 0.32mg (18.92%), Vitamin K: 17.97µg (17.11%), Magnesium: 68.07mg (17.02%), Zinc: 2.45mg (16.37%), Vitamin A:

730.55IU (14.61%), Vitamin B12: 0.87µg (14.42%), Vitamin E: 2.13mg (14.19%), Copper: 0.28mg (14.1%), Fiber: 3.21g (12.83%), Vitamin D: 0.23µg (1.5%)