



## Margarita Chicken Skillet

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

READY IN



50 min.

SERVINGS



6

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.5 lb cut-up broiler-fryer chicken
- 14.5 oz chicken broth fat-free reduced-sodium canned
- 2 Tbsp cilantro leaves fresh chopped
- 0.5 tsp ground cumin
- 0.5 cup lime zest divided kraft
- 1 onion chopped
- 1 bell pepper red chopped
- 1.5 cups rice long-grain white uncooked

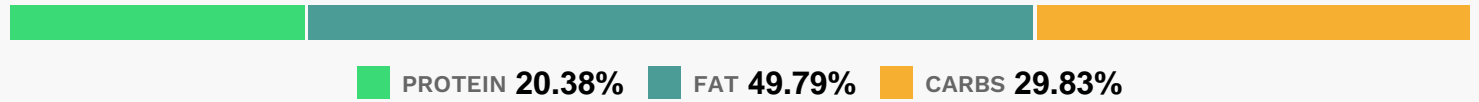
# Equipment

frying pan

# Directions

- Heat 2 Tbsp. dressing in large nonstick skillet on medium-high heat.
- Add chicken; cook 4 min. on each side or until each piece is golden brown on both sides.
- Remove from skillet.
- Add peppers and onions to skillet; cook and stir 5 min. or until crisp-tender.
- Add broth, rice, cumin and remaining dressing to skillet; stir. Bring to boil. Top with chicken; cover.
- Simmer on medium-low heat 25 to 30 min. or until chicken is done (165F) and rice is tender.
- Remove from heat.
- Let stand, covered, 5 min.
- Sprinkle with cilantro.

# Nutrition Facts



# Properties

Glycemic Index:26.2, Glycemic Load:22.89, Inflammation Score:-7, Nutrition Score:16.593912912452%

# Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

# Nutrients (% of daily need)

Calories: 551.3kcal (27.57%), Fat: 30.1g (46.31%), Saturated Fat: 7.47g (46.72%), Carbohydrates: 40.58g (13.53%), Net Carbohydrates: 39.23g (14.27%), Sugar: 2.29g (2.55%), Cholesterol: 95.25mg (31.75%), Sodium: 373.5mg (16.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.72g (55.44%), Vitamin B3: 9.98mg (49.92%), Selenium: 27.23µg (38.91%), Vitamin C: 28.82mg (34.94%), Vitamin B6: 0.61mg (30.53%), Manganese: 0.59mg

(29.34%), Phosphorus: 258.79mg (25.88%), Vitamin K: 24µg (22.86%), Vitamin B5: 1.79mg (17.93%), Vitamin A: 810.27IU (16.21%), Zinc: 2.27mg (15.14%), Vitamin B2: 0.21mg (12.47%), Vitamin E: 1.72mg (11.45%), Potassium: 387.74mg (11.08%), Magnesium: 42.51mg (10.63%), Iron: 1.85mg (10.25%), Copper: 0.19mg (9.4%), Vitamin B1: 0.13mg (8.91%), Vitamin B12: 0.53µg (8.85%), Folate: 24.71µg (6.18%), Fiber: 1.35g (5.4%), Calcium: 36.91mg (3.69%), Vitamin D: 0.25µg (1.69%)