



Mexican Chicken & Rice

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups chicken broth fat-free reduced-sodium
- 2 cups rice white instant uncooked
- 0.8 cup taco bellâ® & chunky salsa thick
- 1 cup cheddar cheese shredded kraft
- 1 lb chicken breasts boneless skinless

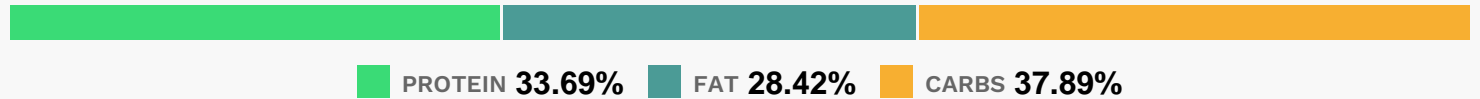
Equipment

- frying pan

Directions

- Place chicken in large skillet sprayed with cooking spray; top with salsa.
- Pour broth around chicken in skillet. Bring to boil on medium-high heat; cover. Simmer on medium-low heat 10 min. or until chicken is done (165F).
- Stir in rice; sprinkle with cheese.
- Simmer, covered, on low heat 5 min.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:23.130434849988%

Nutrients (% of daily need)

Calories: 424.91kcal (21.25%), Fat: 13.16g (20.25%), Saturated Fat: 6.14g (38.39%), Carbohydrates: 39.47g (13.16%), Net Carbohydrates: 37.78g (13.74%), Sugar: 2.08g (2.31%), Cholesterol: 100.82mg (33.61%), Sodium: 930.53mg (40.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.1g (70.21%), Selenium: 62.28µg (88.97%), Vitamin B3: 15.8mg (78.98%), Vitamin B6: 1.02mg (50.85%), Phosphorus: 441.66mg (44.17%), Vitamin B1: 0.5mg (33.4%), Folate: 131.38µg (32.84%), Manganese: 0.51mg (25.31%), Calcium: 231.34mg (23.13%), Vitamin B5: 2.1mg (21.02%), Iron: 3.48mg (19.32%), Potassium: 599.99mg (17.14%), Vitamin B2: 0.28mg (16.5%), Zinc: 2.42mg (16.14%), Magnesium: 51.15mg (12.79%), Vitamin B12: 0.67µg (11.14%), Vitamin A: 551.08IU (11.02%), Copper: 0.16mg (8.06%), Vitamin E: 1.04mg (6.93%), Fiber: 1.69g (6.78%), Vitamin K: 3µg (2.85%), Vitamin C: 2.29mg (2.77%), Vitamin D: 0.28µg (1.89%)