



Microwave Green Chile-Chicken Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



450 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup arborio rice uncooked
- ☐ 2 tablespoons butter
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4.5 ounce chiles whole green drained canned
- ☐ 0.5 cup onion red divided chopped
- ☐ 1.5 cups roasted chicken breast chopped
- ☐ 0.3 teaspoon salt

- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 1.5 cups water divided
- ☐ 2 tablespoons water

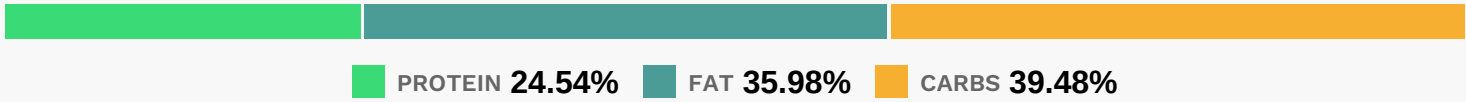
Equipment

- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Combine butter, onion, rice, broth, and 3/4 cup water in a 2-quart microwave-safe dish. Cover with heavy-duty plastic wrap, and vent. Microwave at HIGH 15 minutes, rotating dish a half-turn after 7 1/2 minutes. Stir in remaining 3/4 cup water; cover and microwave at HIGH 5 minutes.
- ☐ Stir green chiles and chicken into rice; cover and let stand 5 minutes. Uncover and stir in cheese, 2 tablespoons water, salt, and cilantro.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:31.91, Inflammation Score:-7, Nutrition Score:17.941739092702%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 450.38kcal (22.52%), Fat: 17.73g (27.28%), Saturated Fat: 9.66g (60.37%), Carbohydrates: 43.78g (14.59%), Net Carbohydrates: 41.47g (15.08%), Sugar: 1.1g (1.23%), Cholesterol: 88.02mg (29.34%), Sodium: 953.62mg (41.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.21g (54.41%), Vitamin B3: 10.06mg (50.3%), Selenium: 32.52µg (46.46%), Folate: 146.4µg (36.6%), Phosphorus: 319.42mg (31.94%), Manganese: 0.57mg (28.58%), Vitamin B6: 0.5mg (24.9%), Calcium: 235.18mg (23.52%), Vitamin B1: 0.35mg (23.19%), Iron: 3.33mg (18.51%), Vitamin C: 12.66mg (15.34%), Zinc: 2.22mg (14.8%), Vitamin B2: 0.25mg (14.63%), Vitamin B5: 1.45mg (14.51%), Vitamin A: 578.08IU (11.56%), Vitamin B12: 0.69µg (11.49%), Magnesium: 40.01mg (10%), Fiber: 2.31g

(9.24%), Copper: 0.18mg (9.22%), Potassium: 296.16mg (8.46%), Vitamin K: 4.51µg (4.29%), Vitamin E: 0.55mg (3.64%), Vitamin D: 0.22µg (1.48%)