



Miracle Whip Chicken Skillet

 **Gluten Free**  **Popular**

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Tbsp chili powder
- 1.5 cups chicken broth fat-free reduced-sodium
- 1.5 cups rice white instant uncooked
- 0.3 cup miracle whip dressing
- 0.5 cup cheddar cheese shredded kraft
- 1 lb chicken breasts boneless skinless
- 1 tomatoes chopped

Equipment

frying pan

Directions

Mix first 4 ingredients in large skillet. Top with chicken.

Bring to boil; cover. Simmer on low heat 25 min.

Top with remaining ingredients. Cook 10 min. or until chicken is done (165F).

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:20.864347514899%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 337.42kcal (16.87%), Fat: 8.96g (13.79%), Saturated Fat: 3.56g (22.23%), Carbohydrates: 31.67g (10.56%), Net Carbohydrates: 29.69g (10.8%), Sugar: 2.78g (3.09%), Cholesterol: 88.13mg (29.38%), Sodium: 735.23mg (31.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.92g (61.84%), Selenium: 54.56µg (77.95%), Vitamin B3: 14.98mg (74.92%), Vitamin B6: 0.98mg (48.84%), Phosphorus: 364.42mg (36.44%), Vitamin B1: 0.4mg (26.51%), Folate: 102.21µg (25.55%), Manganese: 0.41mg (20.73%), Vitamin A: 1035.7IU (20.71%), Vitamin B5: 1.96mg (19.61%), Iron: 3.04mg (16.9%), Potassium: 584.38mg (16.7%), Vitamin B2: 0.23mg (13.37%), Calcium: 126.66mg (12.67%), Zinc: 1.79mg (11.95%), Magnesium: 45.03mg (11.26%), Vitamin B12: 0.55µg (9.11%), Vitamin E: 1.26mg (8.42%), Fiber: 1.98g (7.92%), Copper: 0.15mg (7.33%), Vitamin C: 5.59mg (6.77%), Vitamin K: 5.14µg (4.9%), Vitamin D: 0.2µg (1.32%)