



## Mozzarella Chicken & Rice Skillet

 **Gluten Free**  **Popular**

READY IN



30 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups broccoli florets fresh frozen thawed
- 1.5 cups rice white instant uncooked
- 10 oz 8%-fat-free condensed cream of chicken soup canned
- 1 soup can milk canned
- 1 Tbsp oil
- 0.8 cup mozzarella cheese shredded kraft
- 1 lb chicken breasts boneless skinless

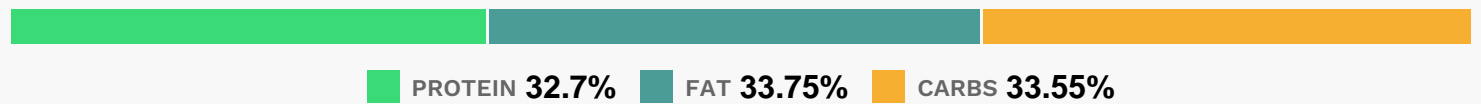
### Equipment

frying pan

## Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add chicken; cook 6 to 7 min. on each side or until done (165F).
- Remove chicken from skillet; cover to keep warm.
- Add soup and milk to skillet; mix well. Bring to boil. Stir in broccoli and rice; top with chicken. Cover.
- Cook on low heat 5 min.; sprinkle with cheese.
- Remove from heat.
- Let stand, covered, 5 min. or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:35, Glycemic Load:2.9, Inflammation Score:-7, Nutrition Score:25.864347608193%

## Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

## Nutrients (% of daily need)

Calories: 425.17kcal (21.26%), Fat: 15.7g (24.15%), Saturated Fat: 4.97g (31.07%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 33.32g (12.12%), Sugar: 1.4g (1.56%), Cholesterol: 94.86mg (31.62%), Sodium: 779.08mg (33.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.23g (68.46%), Selenium: 54.34µg (77.63%), Vitamin B3: 14.68mg (73.39%), Vitamin C: 42.02mg (50.93%), Vitamin K: 52.55µg (50.05%), Vitamin B6: 0.98mg (48.81%), Phosphorus: 402.78mg (40.28%), Folate: 124.78µg (31.19%), Vitamin B1: 0.42mg (27.94%), Manganese: 0.48mg (24.24%), Vitamin B5: 2.18mg (21.83%), Iron: 3.63mg (20.15%), Potassium: 623.12mg (17.8%), Vitamin B2: 0.27mg (15.77%), Calcium: 150.43mg (15.04%), Zinc: 2.13mg (14.17%), Magnesium: 50.62mg (12.65%), Vitamin A: 588.84IU (11.78%), Vitamin B12: 0.71µg (11.78%), Vitamin E: 1.62mg (10.79%), Copper: 0.2mg (10.15%), Fiber: 1.8g (7.18%), Vitamin D: 0.2µg (1.33%)