



PHILLY Creamy Rice, Chicken and Spinach Dinner

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce chicken broth low-sodium homemade canned
- ☐ 125 grams philadelphia brick cream cheese spread light cubed
- ☐ 1.5 cups rice white instant uncooked
- ☐ 2 tablespoons parmesan cheese 100% grated kraft
- ☐ 0.3 cup signature roasted pepper red with parmesan dressing kraft
- ☐ 1 pound chicken breasts boneless skinless cut into strips
- ☐ 8 cups torn spinach leaves

☐ 1 cup tomatoes chopped

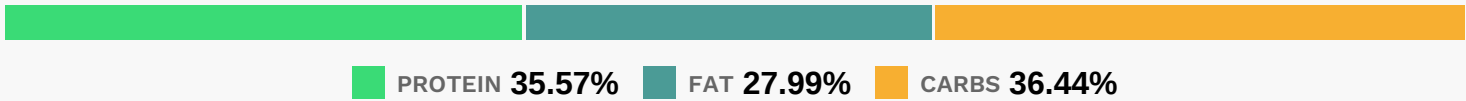
Equipment

☐ frying pan

Directions

- ☐ Heat dressing in large deep skillet on medium-high heat.
- ☐ Add chicken; cook 5 min.
- ☐ Add broth; bring to boil. Stir in rice; return to boil. Cover. Reduce heat to medium; simmer 5 min.
- ☐ Add cream cheese; cook until cream cheese is completely melted, stirring occasionally.
- ☐ Add spinach (skillet will be full); cover. Cook 2 min. or until spinach is wilted; stir gently. Cover; remove from heat.
- ☐ Let stand 5 min. Stir in tomatoes; sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.66, Inflammation Score:-10, Nutrition Score:33.632608633974%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 3.86mg, Kaempferol: 3.86mg, Kaempferol: 3.86mg, Kaempferol: 3.86mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 373.27kcal (18.66%), Fat: 11.47g (17.65%), Saturated Fat: 5.61g (35.07%), Carbohydrates: 33.61g (11.2%), Net Carbohydrates: 31.13g (11.32%), Sugar: 2.31g (2.57%), Cholesterol: 94.12mg (31.37%), Sodium: 513.83mg (22.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.81g (65.61%), Vitamin K: 293.04µg (279.09%), Vitamin A: 6334.51IU (126.69%), Vitamin B3: 15.76mg (78.82%), Selenium: 49.79µg (71.12%), Folate: 216.76µg (54.19%), Vitamin B6: 1.06mg (53.01%), Manganese: 0.93mg (46.57%), Phosphorus: 353.39mg (35.34%), Vitamin C: 27.39mg (33.2%), Vitamin B1: 0.43mg (28.98%), Potassium: 929.69mg (26.56%), Iron: 4.41mg (24.49%), Magnesium: 88.04mg (22.01%), Vitamin B5: 1.84mg (18.39%), Vitamin B2: 0.28mg (16.2%), Calcium: 141.91mg (14.19%), Copper: 0.24mg

(11.81%), Zinc: 1.7mg (11.3%), Vitamin E: 1.66mg (11.07%), Fiber: 2.48g (9.94%), Vitamin B12: 0.33μg (5.52%)