



Quick Chicken Risotto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound chicken breast halves boneless skinless cut into 1/2-inch pieces
- ☐ 2 cups chicken broth (from 32 oz carton)
- ☐ 1 cup rice long grain uncooked
- ☐ 0.5 pound asparagus cut into 1 1/2-inch pieces
- ☐ 4 ounces canadian bacon canadian-style sliced
- ☐ 1 teaspoon basil dried fresh chopped
- ☐ 0.3 cup parmesan shredded

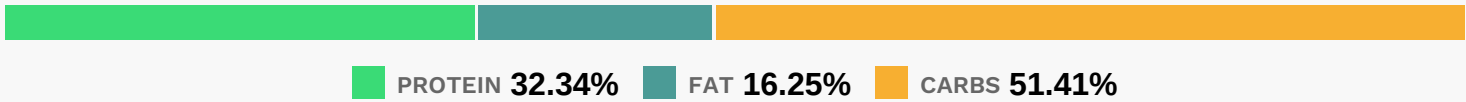
Equipment

☐ frying pan

Directions

- ☐ Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook chicken in skillet 3 to 5 minutes, stirring frequently, until light brown.
- ☐ Stir in broth; heat to boiling. Stir in rice; reduce heat. Cover and simmer without stirring 10 minutes.
- ☐ Stir in asparagus, Canadian bacon and basil. Cover and simmer without stirring 8 to 10 minutes or until rice is tender and chicken is no longer pink in center; remove from heat. Stir in cheese.

Nutrition Facts



Properties

Glycemic Index:30.05, Glycemic Load:22.63, Inflammation Score:-5, Nutrition Score:17.804782701575%

Flavonoids

Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 321.43kcal (16.07%), Fat: 5.69g (8.75%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 40.49g (13.5%), Net Carbohydrates: 38.6g (14.04%), Sugar: 1.68g (1.87%), Cholesterol: 57.06mg (19.02%), Sodium: 861.74mg (37.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.95%), Selenium: 35.4µg (50.58%), Vitamin B3: 9.26mg (46.31%), Manganese: 0.69mg (34.38%), Vitamin B6: 0.67mg (33.59%), Phosphorus: 319.39mg (31.94%), Vitamin K: 28.14µg (26.8%), Vitamin B1: 0.39mg (26%), Vitamin B2: 0.3mg (17.71%), Vitamin B5: 1.62mg (16.21%), Potassium: 508.5mg (14.53%), Copper: 0.26mg (13.09%), Iron: 2.34mg (13.02%), Zinc: 1.81mg (12.03%), Calcium: 115.96mg (11.6%), Magnesium: 44.76mg (11.19%), Vitamin A: 498.68IU (9.97%), Folate: 37.8µg (9.45%), Fiber: 1.89g (7.54%), Vitamin B12: 0.4µg (6.7%), Vitamin E: 0.95mg (6.31%), Vitamin D: 0.88µg (5.88%), Vitamin C: 3.86mg (4.68%)