



Quick Chicken & Spinach Skillet

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz canned tomatoes diced drained canned
- 2 cups brown rice long-grain hot cooked
- 2 tsp oil
- 1 lb chicken breasts boneless skinless
- 8 cups spinach leaves loosely packed
- 0.3 cup sun tomato vinaigrette dressing dried divided kraft

Equipment

- frying pan

Directions

- Cut chicken breasts horizontally in half; pound to 1/4-inch thickness.
- Combine tomatoes and 3 Tbsp. dressing.
- Heat oil in large nonstick skillet on medium-high heat.
- Add chicken; cook 2 to 3 min. on each side or until done (165F), drizzling with remaining dressing for the last minute.
- Transfer to platter; cover to keep warm.
- Add tomato mixture to skillet; bring just to boil, stirring frequently.
- Add spinach; cook on medium heat 2 to 3 min. or just until spinach starts to wilt, stirring constantly.
- Spoon spinach mixture over chicken.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.27, Inflammation Score:-10, Nutrition Score:34.453912859378%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 3.84mg, Kaempferol: 3.84mg, Kaempferol: 3.84mg, Kaempferol: 3.84mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 358.21kcal (17.91%), Fat: 14.26g (21.93%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 28.92g (9.64%), Net Carbohydrates: 24.86g (9.04%), Sugar: 3.35g (3.72%), Cholesterol: 72.57mg (24.19%), Sodium: 325.86mg (14.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.08g (58.16%), Vitamin K: 310.53µg (295.74%), Vitamin A: 5776.31IU (115.53%), Manganese: 1.51mg (75.7%), Vitamin B3: 14.46mg (72.29%), Selenium: 46.79µg (66.85%), Vitamin B6: 1.22mg (60.89%), Phosphorus: 367.31mg (36.73%), Vitamin C: 27.45mg (33.27%), Folate: 132.77µg (33.19%), Magnesium: 129.72mg (32.43%), Potassium: 984.09mg (28.12%), Vitamin E: 3.25mg (21.68%), Vitamin B5: 2.05mg (20.5%), Iron: 3.42mg (18.99%), Vitamin B2: 0.31mg (17.99%), Vitamin B1: 0.26mg (17.18%), Fiber:

4.07g (16.27%), Copper: 0.27mg (13.73%), Zinc: 1.73mg (11.53%), Calcium: 105.58mg (10.56%), Vitamin B12: 0.23µg (3.78%)