



Quick & Easy Lemon Chicken & Rice

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli florets
- 1 cup carrots thinly sliced
- 1 cup chicken broth
- 2 cups brown rice instant uncooked
- 1 tsp lemon pepper seasoning
- 2 Tbsp parmesan cheese grated kraft
- 1 bell pepper red cut into strips
- 1 lb chicken breasts boneless skinless cut into strips

0.5 cup tuscan house dressing italian kraft

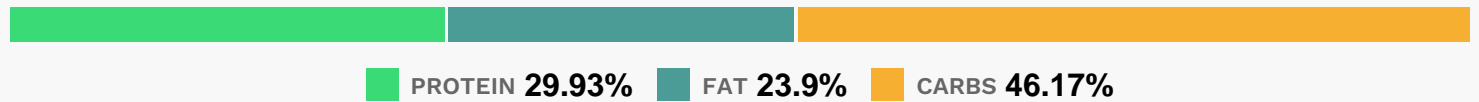
Equipment

frying pan

Directions

- Heat dressing in large skillet on medium-high heat.
- Add chicken; cook and stir 1 min.
- Add broth, broccoli, red pepper and carrots. Bring to boil.
- Stir in rice. Return to boil. Reduce heat to low; cover. Simmer 5 min.
- Remove from heat.
- Let stand 5 min. Stir in lemon pepper seasoning; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:35.71, Glycemic Load:1.75, Inflammation Score:-10, Nutrition Score:31.268260865108%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 407.07kcal (20.35%), Fat: 10.63g (16.35%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 46.21g (15.4%), Net Carbohydrates: 43.15g (15.69%), Sugar: 6.6g (7.34%), Cholesterol: 75.92mg (25.31%), Sodium: 720.13mg (31.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.96g (59.92%), Vitamin A: 6489.25IU (129.79%), Vitamin B3: 15.77mg (78.83%), Selenium: 54.64µg (78.05%), Vitamin C: 61.74mg (74.84%), Vitamin B6: 1.09mg (54.73%), Vitamin K: 46.47µg (44.25%), Folate: 157.12µg (39.28%), Vitamin B1: 0.54mg (36.23%), Phosphorus: 346.22mg (34.62%), Manganese: 0.67mg (33.47%), Vitamin B5: 2.13mg (21.34%), Iron: 3.7mg (20.53%), Potassium: 714.74mg (20.42%), Vitamin B2: 0.24mg (14.12%), Magnesium: 51.48mg (12.87%), Fiber: 3.06g (12.22%), Vitamin E: 1.78mg (11.84%), Zinc: 1.69mg (11.29%), Copper: 0.16mg (7.97%), Calcium: 68.95mg (6.89%), Vitamin B12: 0.27µg (4.54%)