



## Quick Italian Chicken and Rice

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

READY IN



20 min.

SERVINGS



3

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons vegetable oil
- 12 oz chicken breast (not breaded)
- 0.5 teaspoon seasoning italian
- 14.5 oz canned tomatoes italian-style undrained canned
- 0.8 cup water
- 1.5 cups rice white instant uncooked

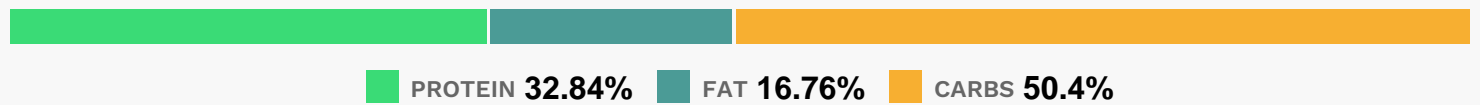
### Equipment

- frying pan

## Directions

- In 10-inch nonstick skillet, heat oil over medium-high heat.
- Sprinkle chicken tenders on all sides with Italian seasoning; add to skillet. Cook 5 to 6 minutes, stirring constantly, until chicken is browned and no longer pink in center.
- Stir in tomatoes and water.
- Heat to boiling. Stir in rice. Cover; remove from heat.
- Let stand 5 minutes or until liquid is absorbed.

## Nutrition Facts



## Properties

Glycemic Index:14.33, Glycemic Load:2.81, Inflammation Score:-7, Nutrition Score:24.614347976187%

## Nutrients (% of daily need)

Calories: 363.92kcal (18.2%), Fat: 6.74g (10.37%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 45.62g (15.21%), Net Carbohydrates: 42.05g (15.29%), Sugar: 6.06g (6.74%), Cholesterol: 72.57mg (24.19%), Sodium: 319.75mg (13.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.71g (59.43%), Vitamin B3: 16.53mg (82.65%), Selenium: 53.12µg (75.89%), Vitamin B6: 1.11mg (55.54%), Vitamin B1: 0.57mg (38.27%), Manganese: 0.71mg (35.4%), Folate: 141.39µg (35.35%), Phosphorus: 333.22mg (33.32%), Iron: 5.03mg (27.96%), Potassium: 836.86mg (23.91%), Vitamin B5: 2.19mg (21.86%), Copper: 0.37mg (18.45%), Vitamin C: 13.97mg (16.94%), Magnesium: 64.4mg (16.1%), Vitamin E: 2.25mg (15.01%), Vitamin K: 15.12µg (14.4%), Fiber: 3.56g (14.25%), Vitamin B2: 0.2mg (11.67%), Zinc: 1.66mg (11.05%), Calcium: 68.82mg (6.88%), Vitamin A: 334.29IU (6.69%), Vitamin B12: 0.23µg (3.78%)