



Risotto with Chicken and Spinach

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



44 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups baby spinach leaves loosely packed
- 14 oz chicken broth fat-free reduced-sodium canned
- 1 cup grape tomatoes
- 1.5 cups rice white instant uncooked
- 1 Tbsp oil
- 0.3 cup parmesan cheese grated kraft
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

Equipment

frying pan

Directions

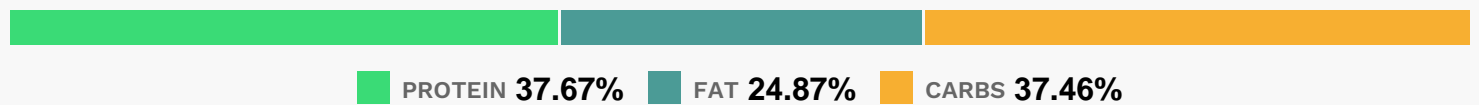
Heat oil in large deep skillet on medium heat.

Add chicken; cook and stir 8 to 10 min. or until done.

Add spinach, rice, tomatoes and broth; mix well. Bring to boil; cover. Simmer on low heat 5 min., stirring occasionally.

Stir in cheese.

Nutrition Facts



Properties

Glycemic Index:2.33, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:4.112608720427%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 43.55kcal (2.18%), Fat: 1.18g (1.82%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 4g (1.33%), Net Carbohydrates: 3.77g (1.37%), Sugar: 0.17g (0.19%), Cholesterol: 10.4mg (3.47%), Sodium: 90.07mg (3.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin K: 20.09µg (19.14%), Selenium: 7.06µg (10.09%), Vitamin B3: 2.01mg (10.06%), Vitamin A: 428.2IU (8.56%), Vitamin B6: 0.13mg (6.64%), Folate: 21.12µg (5.28%), Phosphorus: 46.72mg (4.67%), Manganese: 0.09mg (4.42%), Vitamin B1: 0.06mg (3.71%), Potassium: 96.7mg (2.76%), Iron: 0.47mg (2.62%), Vitamin B5: 0.26mg (2.6%), Vitamin C: 1.99mg (2.41%), Magnesium: 8.66mg (2.17%), Vitamin B2: 0.03mg (1.79%), Vitamin E: 0.22mg (1.5%), Zinc: 0.22mg (1.45%), Calcium: 14.05mg (1.41%), Vitamin B12: 0.07µg (1.13%), Copper: 0.02mg (1.13%)