



Rustic Italian Chicken & Rice

 **Gluten Free**

READY IN



30 min.

SERVINGS



30

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups brown rice long-grain hot cooked
- 0.5 cup milk italian* three cheese blend shredded 2% kraft
- 1 onion sliced
- 2 Tbsp parmesan cheese grated kraft
- 1.8 cups classico family favorites pasta sauce traditional
- 1 bell pepper red cut into strips
- 1 lb chicken breasts boneless skinless
- 0.3 cup tuscan house dressing italian divided kraft

1 slices zucchini

Equipment

frying pan

Directions

- Heat 2 Tbsp. dressing in large skillet on medium heat.
- Add chicken; cook 5 to 7 min. on each side or until done (165F).
- Remove chicken from skillet; cover to keep warm.
- Add remaining dressing and vegetables to skillet; cook 3 to 5 min. or until vegetables are crisp-tender, stirring frequently. Stir in pasta sauce; cook 1 min. or until heated through, stirring frequently.
- Spoon rice onto platter; top with chicken, sauce and cheeses.

Nutrition Facts


■ PROTEIN **34.93%** ■ FAT **27.7%** ■ CARBS **37.37%**

Properties

Glycemic Index:3.97, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:3.4682608499475%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 49.75kcal (2.49%), Fat: 1.54g (2.37%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 4.08g (1.48%), Sugar: 1.1g (1.22%), Cholesterol: 10.34mg (3.45%), Sodium: 115.09mg (5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.75%), Vitamin B3: 1.96mg (9.82%), Selenium: 6.38µg (9.11%), Vitamin B6: 0.16mg (8.21%), Vitamin C: 6.6mg (8%), Manganese: 0.15mg (7.29%), Phosphorus: 51.03mg (5.1%), Vitamin A: 194.94IU (3.9%), Potassium: 120.83mg (3.45%), Magnesium: 12.78mg (3.2%), Vitamin B5: 0.32mg (3.16%), Fiber: 0.6g (2.39%), Vitamin E: 0.35mg (2.31%), Vitamin B1: 0.03mg (2%), Vitamin B2: 0.03mg (1.97%), Copper: 0.04mg (1.82%), Vitamin K: 1.83µg (1.75%), Zinc: 0.23mg (1.56%), Iron: 0.28mg (1.56%), Folate: 5.03µg (1.26%), Calcium: 12.17mg (1.22%)