



Salsa-Cheddar Chicken

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups brown rice long-grain hot cooked
- 1 large bell pepper green cut into thin strips
- 2 Tbsp 2 tbsp. kraft lite zesty italian dressing italian kraft
- 1 cup milk mild cheddar cheese shredded 2% kraft
- 1 cup taco bellâ® & chunky salsa thick
- 1 lb chicken breasts boneless skinless
- 1 large tomatoes chopped

Equipment

frying pan

Directions

- Heat dressing in large skillet on medium heat.
- Add chicken; cover. Cook 4 to 5 min. on each side or until lightly browned on both sides.
- Remove chicken from skillet; cover to keep warm.
- Add peppers to skillet; cook 5 min., stirring frequently. Stir in tomatoes and salsa. Return chicken to skillet; cover. Simmer on medium-low heat 10 min. or until done (165F).
- Top with cheese; cook, covered, 4 to 5 min. or until melted.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:3.5747826177141%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 54.09kcal (2.7%), Fat: 2.03g (3.13%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 3.71g (1.35%), Sugar: 0.78g (0.87%), Cholesterol: 13.44mg (4.48%), Sodium: 109.88mg (4.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Selenium: 7.28µg (10.39%), Vitamin B3: 1.94mg (9.69%), Vitamin B6: 0.17mg (8.38%), Manganese: 0.14mg (7.2%), Vitamin C: 5.58mg (6.76%), Phosphorus: 65.26mg (6.53%), Magnesium: 13.1mg (3.28%), Calcium: 32.39mg (3.24%), Potassium: 111.56mg (3.19%), Vitamin A: 154.99IU (3.1%), Vitamin B5: 0.3mg (2.96%), Vitamin B2: 0.04mg (2.38%), Zinc: 0.34mg (2.29%), Fiber: 0.56g (2.22%), Vitamin B1: 0.03mg (2.12%), Vitamin K: 2µg (1.9%), Vitamin E: 0.24mg (1.61%), Copper: 0.03mg (1.57%), Vitamin B12: 0.07µg (1.17%), Iron: 0.19mg (1.06%)