



Salsa-Chicken and Rice

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



465 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon chopped
- 2 cups rice long-grain white hot cooked
- 1 onion chopped
- 1 cup pepper jack cheese shredded with a touch of philadelphia kraft
- 1 bell pepper green red chopped
- 1 cup taco bell® & chunky salsa thick
- 1 lb chicken breasts boneless skinless

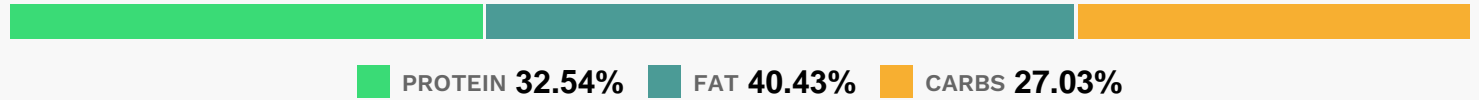
Equipment

- frying pan
- paper towels
- slotted spoon

Directions

- Cook and stir bacon in large skillet on medium heat until crisp.
- Remove bacon from skillet with slotted spoon, reserving 1 Tbsp. drippings in skillet.
- Drain bacon on paper towels.
- Add chicken to drippings in skillet; cook 4 to 5 min. on each side or until done (165F).
- Remove from skillet; cover to keep warm.
- Add onions and peppers to skillet; cook 5 min. or until crisp-tender, stirring frequently. Stir in salsa and bacon.
- Spoon rice onto serving plates; top with chicken, salsa mixture and cheese.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:24.62, Inflammation Score:-7, Nutrition Score:22.475217622259%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 464.89kcal (23.24%), Fat: 20.65g (31.77%), Saturated Fat: 9.07g (56.67%), Carbohydrates: 31.06g (10.35%), Net Carbohydrates: 28.6g (10.4%), Sugar: 4.54g (5.04%), Cholesterol: 112.24mg (37.41%), Sodium: 875.86mg (38.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.39g (74.78%), Selenium: 51.45µg (73.5%), Vitamin B3: 13.96mg (69.79%), Vitamin B6: 1.22mg (60.88%), Phosphorus: 463.94mg (46.39%), Vitamin C: 28.55mg (34.61%), Manganese: 0.54mg (27.03%), Calcium: 252.91mg (25.29%), Vitamin B5: 2.3mg (23%), Potassium: 773.58mg (22.1%), Vitamin B2: 0.29mg (16.95%), Magnesium: 64.71mg (16.18%), Zinc: 2.37mg (15.78%), Vitamin B1: 0.21mg (13.71%), Vitamin A: 682.03IU (13.64%), Fiber: 2.46g (9.84%), Vitamin B12: 0.57µg (9.52%),

Vitamin E: 1.32mg (8.82%), Copper: 0.18mg (8.8%), Iron: 1.3mg (7.24%), Folate: 22.79µg (5.7%), Vitamin K: 5.97µg (5.69%), Vitamin D: 0.37µg (2.47%)