



 **25%**  
HEALTH SCORE

## Salsafied Chicken and Rice

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**936 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14.5 ounce chicken broth canned
- 0.3 teaspoon pepper black
- 2 cups rice instant
- 1 tablespoon olive oil
- 8 ounce salsa
- 0.3 teaspoon salt
- 8 ounces cheddar cheese shredded
- 1 pound chicken breast halves boneless skinless cubed

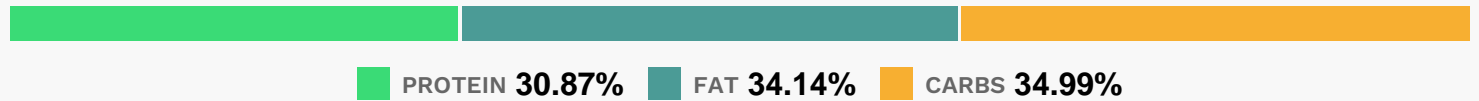
# Equipment

frying pan

# Directions

- Heat olive oil in a large skillet over medium-high heat. Season chicken with salt and pepper. Cook and stir chicken in hot oil until cooked through and juices run clear, 5 to 7 minutes.
- Add the broth and salsa and bring to a boil; turn off the heat and stir in the instant rice.
- Sprinkle Cheddar cheese over the mixture. Cover the skillet and let sit until the rice is tender, about 5 minutes.

# Nutrition Facts



# Properties

Glycemic Index:30.05, Glycemic Load:44.9, Inflammation Score:-7, Nutrition Score:31.46652184362%

# Nutrients (% of daily need)

Calories: 936.05kcal (46.8%), Fat: 34.76g (53.48%), Saturated Fat: 14.5g (90.65%), Carbohydrates: 80.16g (26.72%), Net Carbohydrates: 77.91g (28.33%), Sugar: 2.46g (2.73%), Cholesterol: 180.66mg (60.22%), Sodium: 1519.7mg (66.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.71g (141.42%), Selenium: 85.73µg (122.47%), Vitamin B3: 16.44mg (82.2%), Phosphorus: 779.77mg (77.98%), Vitamin B6: 1.34mg (66.78%), Manganese: 1.11mg (55.47%), Calcium: 463.37mg (46.34%), Zinc: 6.43mg (42.88%), Vitamin B2: 0.53mg (31.17%), Vitamin B12: 1.86µg (30.92%), Vitamin B5: 2.9mg (29.04%), Potassium: 874.85mg (25%), Magnesium: 96.17mg (24.04%), Vitamin A: 1056.88IU (21.14%), Copper: 0.34mg (17.14%), Iron: 2.86mg (15.87%), Vitamin E: 2.27mg (15.12%), Vitamin B1: 0.17mg (11.58%), Fiber: 2.25g (9.02%), Vitamin K: 8.74µg (8.32%), Folate: 28.19µg (7.05%), Vitamin D: 0.56µg (3.71%), Vitamin C: 2.44mg (2.96%)