



## Savory Chicken and Rice

 **Gluten Free**  **Dairy Free**

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**258 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb chicken breast halves boneless skinless cut into 1-inch pieces
- 4 oz mushrooms fresh sliced
- 1 cup baby carrots
- 1.7 cups water
- 4.3 oz rice long grain wild with herbs

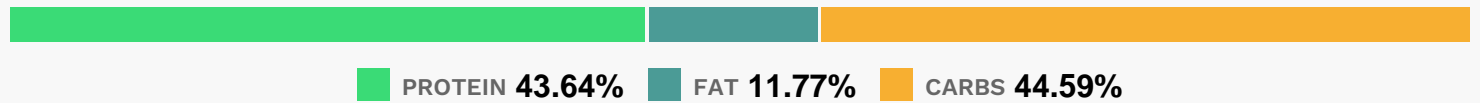
### Equipment

- frying pan

## Directions

- Heat 10-inch nonstick skillet over medium heat. Cook chicken in skillet about 5 minutes, stirring occasionally, until no longer pink in center. Stir in remaining ingredients including seasonings from rice mix.
- Heat to boiling; reduce heat to low. Cover and simmer 15 minutes, stirring occasionally. Uncover and simmer about 3 minutes longer, stirring occasionally, until carrots are tender and liquid is absorbed.

## Nutrition Facts



## Properties

Glycemic Index:23.3, Glycemic Load:14.87, Inflammation Score:-10, Nutrition Score:19.509130602298%

## Nutrients (% of daily need)

Calories: 257.95kcal (12.9%), Fat: 3.28g (5.04%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 26.32g (9.57%), Sugar: 2.12g (2.36%), Cholesterol: 72.57mg (24.19%), Sodium: 164.37mg (7.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.33g (54.66%), Vitamin A: 4446.82IU (88.94%), Vitamin B3: 13.52mg (67.58%), Selenium: 43.81µg (62.59%), Vitamin B6: 0.96mg (48.12%), Phosphorus: 306.52mg (30.65%), Vitamin B5: 2.48mg (24.78%), Manganese: 0.41mg (20.51%), Potassium: 620.61mg (17.73%), Vitamin B2: 0.25mg (14.93%), Copper: 0.24mg (11.78%), Magnesium: 43.84mg (10.96%), Vitamin B1: 0.13mg (8.43%), Zinc: 1.2mg (8.01%), Fiber: 1.61g (6.43%), Iron: 1.09mg (6.06%), Folate: 20.43µg (5.11%), Vitamin B12: 0.24µg (3.97%), Vitamin C: 2.79mg (3.38%), Vitamin K: 3.27µg (3.11%), Calcium: 28.25mg (2.83%), Vitamin E: 0.25mg (1.68%), Vitamin D: 0.17µg (1.13%)