



## Skillet Chicken and Rice

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

READY IN



40 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups broccoli fresh frozen
- 10.8 ounce chicken broth canned
- 0.5 teaspoon basil dried crushed
- 0.5 teaspoon garlic powder
- 4 servings paprika
- 0.8 cup rice long-grain white uncooked
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- 4 chicken breast boneless skinless

1 tablespoon vegetable oil

0.8 cup water

## Equipment

frying pan

## Directions

Heat oil in skillet.

Add chicken and cook until browned.

Remove chicken.

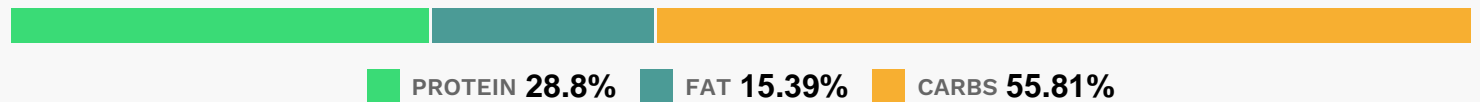
Add broth, water, basil and garlic.

Heat to a boil. Stir in rice. Cover and cook over low heat 5 minutes.

Stir in broccoli. Top with chicken.

Sprinkle with paprika. Cover and cook 15 minutes or until rice is done.

## Nutrition Facts



## Properties

Glycemic Index:43.59, Glycemic Load:34.02, Inflammation Score:-8, Nutrition Score:24.684782484303%

## Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

## Nutrients (% of daily need)

Calories: 438.8kcal (21.94%), Fat: 7.37g (11.34%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 60.13g (20.04%), Net Carbohydrates: 57.31g (20.84%), Sugar: 1.38g (1.53%), Cholesterol: 73.84mg (24.61%), Sodium: 435.63mg (18.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.04g (62.08%), Selenium: 48.26µg (68.94%), Vitamin B3: 13.55mg (67.77%), Vitamin B6: 1.09mg (54.39%), Vitamin K: 55.18µg (52.55%), Vitamin C: 40.63mg (49.25%), Manganese: 0.95mg (47.35%), Phosphorus: 357.34mg (35.73%), Vitamin B5: 2.63mg (26.27%), Vitamin A: 1295.55IU (25.91%), Potassium: 704mg (20.11%), Vitamin B2: 0.27mg (15.89%), Magnesium: 61.91mg (15.48%), Copper: 0.24mg (12.11%), Vitamin B1: 0.18mg (11.76%), Zinc: 1.76mg (11.71%), Fiber: 2.82g (11.3%), Iron: 1.9mg (10.58%),

Vitamin E: 1.54mg (10.27%), Folate: 39.33 $\mu$ g (9.83%), Calcium: 57.81mg (5.78%), Vitamin B12: 0.24 $\mu$ g (4.02%)