



Skillet Fiesta Chicken and Rice

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 10.8 ounce campbell's® condensed tomato soup 25% canned (Regular or Less Sodium)
- ☐ 1.5 cups rice white instant uncooked
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 4 chicken breast halves boneless skinless
- ☐ 1 tablespoon vegetable oil
- ☐ 1.3 cups water

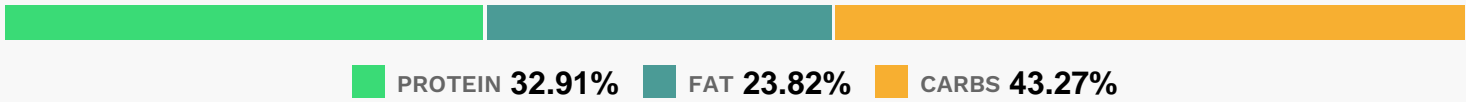
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a 10-inch skillet over medium-high heat.
- ☐ Add the chicken and cook for 10 minutes or until it's well browned on both sides.
- ☐ Remove the chicken from the skillet.
- ☐ Stir the soup, water and chili powder in the skillet and heat to a boil.
- ☐ Stir in the rice.
- ☐ Place the chicken on the rice mixture.
- ☐ Sprinkle the chicken with additional chili powder and the cheese. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through and the rice is tender. Stir the rice mixture before serving.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:3.97, Inflammation Score:-7, Nutrition Score:20.142608725506%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 361.94kcal (18.1%), Fat: 9.44g (14.52%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 38.56g (12.86%), Net Carbohydrates: 36.94g (13.43%), Sugar: 6.35g (7.05%), Cholesterol: 79.38mg (26.46%), Sodium: 479.87mg (20.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.34g (58.67%), Selenium: 52.54µg (75.06%), Vitamin B3: 14.76mg (73.8%), Vitamin B6: 0.97mg (48.33%), Phosphorus: 332.82mg (33.28%), Vitamin B1: 0.41mg (27.08%), Potassium: 870.18mg (24.86%), Folate: 94.83µg (23.71%), Manganese: 0.45mg (22.45%), Vitamin B5: 1.78mg (17.83%), Iron: 3mg (16.65%), Vitamin C: 11.19mg (13.56%), Magnesium: 48mg (12%), Vitamin A: 551.58IU (11.03%), Zinc: 1.54mg (10.28%), Vitamin B2: 0.17mg (9.96%), Vitamin K: 9.65µg (9.19%), Calcium: 76.6mg (7.66%), Copper: 0.15mg (7.28%), Vitamin E: 1.01mg (6.72%), Fiber: 1.62g (6.5%), Vitamin B12: 0.3µg (5.01%), Vitamin D: 0.16µg (1.04%)