



Skillet Garlic Chicken Dinner

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.8 cups chicken stock see swanson®
- 2 cloves garlic minced
- 4 servings paprika
- 0.3 cup parmesan cheese grated
- 0.8 cup rice long-grain white uncooked
- 4 chicken breast halves boneless skinless
- 16 ounce savory vegetable frozen (broccoli, cauliflower, carrots)

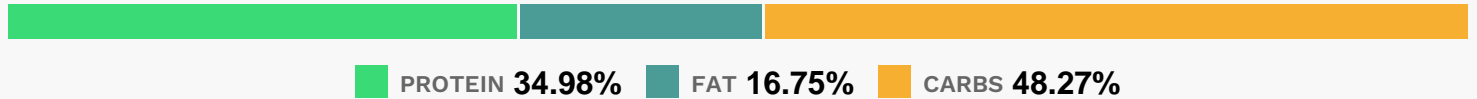
Equipment

frying pan

Directions

- Spray a 12-inch skillet with the cooking spray and heat over medium-high heat for 1 minute.
- Add the chicken and garlic and cook for 10 minutes or until the chicken is well browned on both sides.
- Remove the chicken from the skillet.
- Stir the stock, rice and vegetables in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes. Stir in the cheese.
- Return the chicken to the skillet.
- Sprinkle the chicken with the paprika. Cover and cook for 10 minutes or until the chicken is cooked through and the rice is tender.

Nutrition Facts



Properties

Glycemic Index:37.8, Glycemic Load:21.72, Inflammation Score:-10, Nutrition Score:26.615652250207%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 408.76kcal (20.44%), Fat: 7.6g (11.7%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 49.31g (16.44%), Net Carbohydrates: 43.6g (15.85%), Sugar: 1.93g (2.14%), Cholesterol: 82.72mg (27.57%), Sodium: 483.71mg (21.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.73g (71.46%), Vitamin A: 6852.7IU (137.05%), Vitamin B3: 15.64mg (78.19%), Selenium: 47.42µg (67.74%), Vitamin B6: 1.14mg (57.22%), Phosphorus: 433.85mg (43.39%), Manganese: 0.74mg (36.75%), Potassium: 875.59mg (25.02%), Fiber: 5.72g (22.87%), Vitamin B5: 2.23mg (22.33%), Vitamin B2: 0.37mg (21.8%), Magnesium: 76.32mg (19.08%), Vitamin B1: 0.28mg (18.9%), Vitamin C: 13.85mg (16.78%), Copper: 0.29mg (14.55%), Zinc: 2.16mg (14.37%), Iron: 2.48mg (13.77%), Calcium: 127.82mg (12.78%), Folate: 46.96µg (11.74%), Vitamin E: 0.91mg (6.07%), Vitamin B12: 0.34µg (5.64%), Vitamin K: 2.24µg (2.14%), Vitamin D: 0.15µg (1.03%)