



 **14%**  
HEALTH SCORE

## South of the Border Chicken

 **Gluten Free**

READY IN



**20 min.**

SERVINGS



**4**

CALORIES



**877 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon butter
- 10.8 ounce condensed cream of cheddar cheese soup fat free 98% canned (Regular or )
- 4 cups rice hot cooked
- 4 cups rice hot cooked
- 4 cups rice hot cooked
- 0.3 cup milk
- 4 servings salsa thick pace®
- 4 chicken breast boneless skinless

4 servings cream sour

## Equipment

frying pan

## Directions

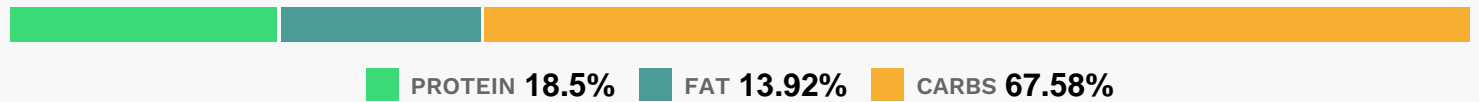
Heat butter in skillet.

Add chicken and cook until browned.

Add soup and milk and heat to a boil. Cover and cook over low heat 5 minutes or until done.

Serve with rice. Top with salsa, sour cream and avocado.

## Nutrition Facts



## Properties

Glycemic Index:91.25, Glycemic Load:143.84, Inflammation Score:-6, Nutrition Score:26.76478271899%

## Nutrients (% of daily need)

Calories: 877.14kcal (43.86%), Fat: 13.18g (20.28%), Saturated Fat: 4.42g (27.6%), Carbohydrates: 143.98g (47.99%), Net Carbohydrates: 140.9g (51.23%), Sugar: 4.07g (4.52%), Cholesterol: 84.89mg (28.3%), Sodium: 789.42mg (34.32%), Alcohol: 0g (100%), Protein: 39.42g (78.84%), Manganese: 2.29mg (114.63%), Selenium: 72.83µg (104.04%), Vitamin B3: 14.07mg (70.37%), Vitamin B6: 1.36mg (68.06%), Phosphorus: 481.82mg (48.18%), Vitamin B5: 3.64mg (36.43%), Potassium: 1057.91mg (30.23%), Magnesium: 94.81mg (23.7%), Zinc: 3.16mg (21.1%), Copper: 0.38mg (19.04%), Vitamin A: 727.44IU (14.55%), Vitamin B2: 0.23mg (13.79%), Vitamin B1: 0.19mg (12.83%), Calcium: 124.57mg (12.46%), Fiber: 3.08g (12.33%), Iron: 1.51mg (8.38%), Vitamin E: 0.96mg (6.39%), Vitamin B12: 0.36µg (6.08%), Folate: 20.77µg (5.19%), Vitamin C: 2.08mg (2.52%), Vitamin D: 0.34µg (2.24%), Vitamin K: 1.81µg (1.72%)