



## Spicy Chili-Chicken Rice

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 avocado fresh peeled halved seeded chopped
- 3 cups brown white cooked
- 1 tablespoon butter
- 16 ounce tomato sauce del monte® canned
- 0.3 teaspoon cayenne pepper
- 1 serrano chile pepper fresh seeded finely chopped
- 2 teaspoons chili powder
- 1.5 cups chicken breast cooked chopped

- 15.3 ounce southwest corn with poblano and red peppers, drained del monte® canned
- 1 medium bell pepper green chopped
- 6 cups iceberg lettuce shredded
- 0.7 cup bite-sized strips jicama
- 6 servings lime wedges
- 1 medium onion chopped
- 0.5 cup cheddar cheese shredded

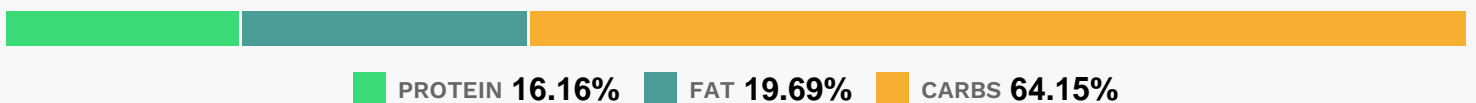
## Equipment

- bowl
- frying pan
- oven

## Directions

- Preheat oven to 350 degrees F. Melt butter over medium heat in a large skillet.
- Add onion and serrano pepper. Cook and stir for 4 to 5 minutes or until tender.
- Combine the cooked onion and serrano, the rice, chicken, canned corn, canned tomato sauce, chili powder and cayenne pepper in a large bowl.
- Transfer to a greased 2-quart casserole.
- Bake, covered, for 40 minutes.
- Sprinkle with cheese.
- Bake for 5 more minutes or until cheese is melted.
- Let stand for 10 minutes before serving.
- Serve rice mixture over lettuce with bell pepper, avocado, jicama and lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:74.7, Glycemic Load:48.23, Inflammation Score:-10, Nutrition Score:30.45826092492%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg

## Nutrients (% of daily need)

Calories: 573.32kcal (28.67%), Fat: 12.63g (19.43%), Saturated Fat: 4.37g (27.33%), Carbohydrates: 92.59g (30.86%), Net Carbohydrates: 83.88g (30.5%), Sugar: 9.48g (10.54%), Cholesterol: 44.18mg (14.73%), Sodium: 491.44mg (21.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.33g (46.66%), Vitamin C: 134.25mg (162.72%), Vitamin A: 3534.78IU (70.7%), Manganese: 1.4mg (69.8%), Vitamin B6: 0.9mg (44.76%), Vitamin B3: 8.74mg (43.68%), Selenium: 27.42µg (39.18%), Fiber: 8.71g (34.84%), Vitamin K: 34.03µg (32.41%), Phosphorus: 318.36mg (31.84%), Potassium: 967.34mg (27.64%), Folate: 108.09µg (27.02%), Vitamin E: 3.85mg (25.65%), Vitamin B5: 2.39mg (23.95%), Copper: 0.45mg (22.45%), Magnesium: 79.06mg (19.77%), Vitamin B2: 0.33mg (19.29%), Iron: 3.03mg (16.85%), Zinc: 2.51mg (16.71%), Vitamin B1: 0.23mg (15.43%), Calcium: 142.53mg (14.25%), Vitamin B12: 0.22µg (3.71%)