



Sun Dried Tomato Grilled Chicken & Vegetables

 Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



30

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups brown rice long-grain hot cooked
- 1 bell pepper green red cut into strips
- 1 lb chicken breasts boneless skinless
- 0.5 cup sun tomato vinaigrette dressing dried divided kraft

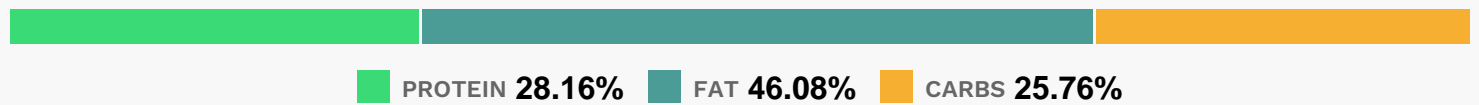
Equipment

- grill

Directions

- Heat grill to medium-high heat.
- Pour 1/4 dressing over combined chicken and peppers in shallow dish. Refrigerate 10 min.
- Remove chicken and peppers from dressing; discard dressing.
- Grill chicken and vegetables 12 to 15 min. or until chicken is done (165F) and peppers are crisp-tender, turning and brushing occasionally with remaining dressing.
- Serve chicken mixture over rice.

Nutrition Facts



Properties

Glycemic Index:0.33, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.6465217565065%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 51.17kcal (2.56%), Fat: 2.6g (4%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 2.97g (1.08%), Sugar: 0.24g (0.27%), Cholesterol: 9.68mg (3.23%), Sodium: 18.35mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.16%), Vitamin B3: 1.79mg (8.97%), Selenium: 6.18µg (8.83%), Vitamin B6: 0.14mg (7.05%), Manganese: 0.12mg (6.24%), Phosphorus: 43.33mg (4.33%), Vitamin K: 4.52µg (4.3%), Vitamin C: 3.37mg (4.09%), Vitamin B5: 0.26mg (2.56%), Magnesium: 9.92mg (2.48%), Potassium: 68.81mg (1.97%), Vitamin B1: 0.02mg (1.63%), Vitamin E: 0.24mg (1.6%), Fiber: 0.3g (1.21%), Zinc: 0.17mg (1.17%), Vitamin B2: 0.02mg (1.15%)