



## Sweet and Spicy Picante Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons brown sugar light packed
- 1 tablespoon mustard dijon-style
- 3 cups regular rice long-grain white hot cooked
- 1.5 cups & chunky salsa thick pace®
- 4 chicken breast halves boneless skinless

### Equipment

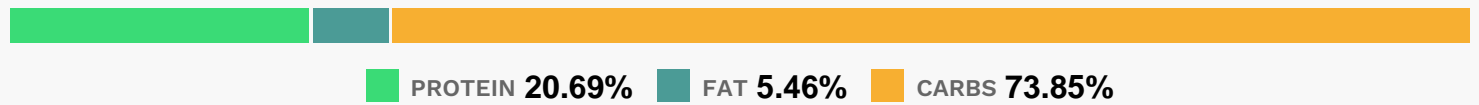
- bowl
- oven

baking pan

## Directions

- Place the chicken into a 2 quart shallow baking dish. Stir the picante sauce, brown sugar and mustard in a small bowl.
- Pour the picante sauce mixture over the chicken.
- Bake at 400 degrees F for 20 minutes or until the chicken is cooked through.
- Serve with the rice.

## Nutrition Facts



## Properties

Glycemic Index:23.3, Glycemic Load:66.78, Inflammation Score:-6, Nutrition Score:24.424347929333%

## Nutrients (% of daily need)

Calories: 700.02kcal (35%), Fat: 4.15g (6.39%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 126.53g (42.18%), Net Carbohydrates: 122.81g (44.66%), Sugar: 12.66g (14.07%), Cholesterol: 72.32mg (24.11%), Sodium: 821.39mg (35.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.46g (70.91%), Selenium: 59.37µg (84.82%), Manganese: 1.66mg (82.91%), Vitamin B3: 15.13mg (75.64%), Vitamin B6: 1.25mg (62.59%), Phosphorus: 432.47mg (43.25%), Vitamin B5: 3.24mg (32.37%), Potassium: 846.81mg (24.19%), Magnesium: 81.3mg (20.33%), Copper: 0.41mg (20.31%), Zinc: 2.39mg (15.93%), Fiber: 3.72g (14.88%), Vitamin B1: 0.21mg (14.04%), Vitamin B2: 0.21mg (12.63%), Iron: 2.06mg (11.45%), Vitamin E: 1.57mg (10.47%), Vitamin A: 504.56IU (10.09%), Calcium: 81.63mg (8.16%), Folate: 19.87µg (4.97%), Vitamin K: 4.52µg (4.3%), Vitamin C: 3.22mg (3.91%), Vitamin B12: 0.23µg (3.77%)