



Tomato Basil Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups chicken breast strips cooked
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 6 ounce rice pilaf mix
- ☐ 14.5 ounce gold® tomatoes diced with basil, garlic & oregano or redpack® tomatoes with basil, garlic & oregano canned red
- ☐ 1.3 cups water

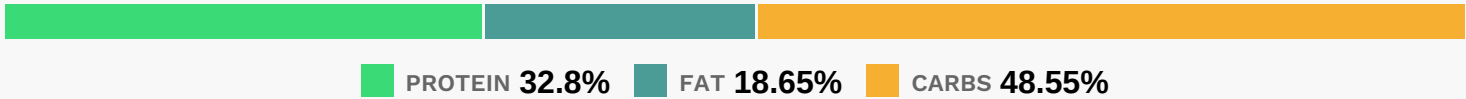
Equipment

☐ frying pan

Directions

- ☐ Combine chicken RED GOLD® or REDPACK® DICED TOMATOES WITH BASIL, GARLIC & OREGANO, water, rice mix, basil and olive oil in a nonstick skillet and mix well.
- ☐ Bring to a boil; reduce heat and simmer for 15 to 18 minutes or until liquid is absorbed and rice is tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:42.3, Glycemic Load:21.53, Inflammation Score:-7, Nutrition Score:14.552608519793%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 320.5kcal (16.02%), Fat: 6.49g (9.99%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 38.04g (12.68%), Net Carbohydrates: 36.23g (13.17%), Sugar: 2.76g (3.06%), Cholesterol: 59.5mg (19.83%), Sodium: 62.89mg (2.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.7g (51.4%), Vitamin B3: 10.9mg (54.51%), Selenium: 25.75µg (36.78%), Manganese: 0.61mg (30.45%), Vitamin B6: 0.57mg (28.71%), Phosphorus: 234.01mg (23.4%), Vitamin A: 949.87IU (19%), Vitamin C: 14.35mg (17.39%), Vitamin K: 16.7µg (15.91%), Potassium: 476.12mg (13.6%), Vitamin B5: 1.2mg (12.01%), Magnesium: 43.93mg (10.98%), Copper: 0.21mg (10.3%), Zinc: 1.36mg (9.05%), Vitamin E: 1.31mg (8.71%), Iron: 1.41mg (7.85%), Vitamin B1: 0.12mg (7.82%), Fiber: 1.81g (7.24%), Vitamin B2: 0.12mg (7.14%), Folate: 22.64µg (5.66%), Vitamin B12: 0.24µg (3.97%), Calcium: 37.59mg (3.76%)