



## Tomato-Chicken Risotto

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 29 oz tomatoes diced divided drained canned
- 2 carrots chopped
- 4 oz philadelphia cream cheese softened ( )
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup 1/3 cup kraft zesty italian dressing italian divided kraft
- 1 onion chopped
- 1 jalapeño pepper seeded
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces

- 5.5 cups water hot
- 1.5 cups rice long-grain white uncooked

## Equipment

- frying pan
- blender

## Directions

- Blend cream cheese and half the tomatoes in blender until smooth; set aside.
- Heat 1/4 cup dressing in large skillet on medium heat.
- Add chicken; cook 6 min. or until done, stirring occasionally.
- Remove from skillet; cover to keep warm.
- Cook carrots, onions and rice in remaining dressing in same skillet 3 min. or until rice is opaque, stirring frequently.
- Add peppers; stir. Gradually add 1-1/2 cups hot water; cook 5 min. or until water is completely absorbed, stirring occasionally. Repeat with remaining water, adding in batches and returning chicken to skillet with the last batch of water.
- Stir in cream cheese mixture and remaining tomatoes; cook 3 min. or until heated through, stirring occasionally.
- Remove and discard pepper halves. Stir in cilantro.

## Nutrition Facts



## Properties

Glycemic Index:4.52, Glycemic Load:2.83, Inflammation Score:-4, Nutrition Score:2.9030435046424%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

## Nutrients (% of daily need)

Calories: 52.22kcal (2.61%), Fat: 1.53g (2.35%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 5.52g (2.01%), Sugar: 0.86g (0.96%), Cholesterol: 11mg (3.67%), Sodium: 65.38mg (2.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Vitamin A: 469.32IU (9.39%), Vitamin B3: 1.66mg (8.29%), Selenium: 5.45µg (7.79%), Vitamin B6: 0.14mg (6.89%), Manganese: 0.09mg (4.26%), Phosphorus: 42.32mg (4.23%), Potassium: 103.79mg (2.97%), Vitamin B5: 0.29mg (2.93%), Vitamin C: 2.03mg (2.47%), Vitamin K: 2.13µg (2.03%), Magnesium: 7.85mg (1.96%), Vitamin B2: 0.03mg (1.93%), Copper: 0.03mg (1.73%), Vitamin B1: 0.02mg (1.57%), Iron: 0.28mg (1.54%), Vitamin E: 0.22mg (1.45%), Fiber: 0.35g (1.4%), Zinc: 0.19mg (1.25%), Calcium: 11.99mg (1.2%)