

 21%
HEALTH SCORE

Velveeta Cheesy Chicken & Rice Skillet

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cooking oil
- 1 lb chicken breast halves boneless skinless
- 10 ounce cream of chicken soup canned
- 1.3 cups water
- 2 cups rice white uncooked ()
- 8 ounces velveeta

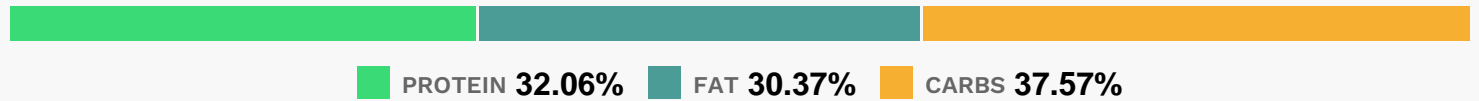
Equipment

- frying pan

Directions

- heat oil in a large skillet on med hi heat..
- add chicken cover.
- cook 4 minutes on each side or until cooked through
- Remove chicken from skillet.
- add soup and water to skillet
- stir and bring to a boil.
- stir in rice and 1 c of velveeta.
- top with chicken.
- sprinkle with remaining velveeta
- cover and cook on low heat 5 minutes.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:2.18, Inflammation Score:-7, Nutrition Score:25.116086700688%

Nutrients (% of daily need)

Calories: 513.27kcal (25.66%), Fat: 16.94g (26.06%), Saturated Fat: 6.19g (38.71%), Carbohydrates: 47.16g (15.72%), Net Carbohydrates: 46.35g (16.85%), Sugar: 5.22g (5.8%), Cholesterol: 102.06mg (34.02%), Sodium: 1536.57mg (66.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.24g (80.47%), Phosphorus: 891.45mg (89.14%), Selenium: 53.63µg (76.61%), Vitamin B3: 15.12mg (75.59%), Vitamin B6: 0.9mg (45.09%), Calcium: 352.87mg (35.29%), Vitamin B1: 0.48mg (32%), Folate: 124.2µg (31.05%), Vitamin B2: 0.53mg (30.98%), Manganese: 0.49mg (24.44%), Iron: 3.96mg (22%), Vitamin B5: 1.94mg (19.38%), Zinc: 2.9mg (19.32%), Potassium: 661.52mg (18.9%), Vitamin A: 719.79IU (14.4%), Copper: 0.21mg (10.5%), Magnesium: 39.13mg (9.78%), Vitamin E: 1.23mg (8.19%), Vitamin K: 5.67µg (5.4%), Vitamin B12: 0.23µg (3.78%), Fiber: 0.82g (3.27%), Vitamin C: 1.49mg (1.8%)