



Zesty Chicken and Rice Casserole with Roasted Red Peppers

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



690 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups rice instant uncooked
- 14 oz chicken broth ready-to-serve canned
- 9 oz chicken tenderloins refrigerated
- 7 roasted peppers red chopped ()
- 0.3 cup kalamata olives pitted halved
- 0.3 cup salad dressing italian
- 0.3 cup parmesan fresh shredded

2 tablespoons parsley fresh chopped

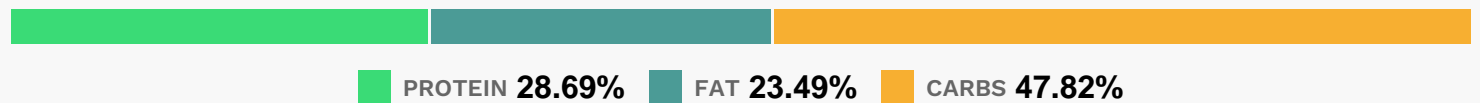
Equipment

sauce pan

Directions

- Cook rice in large saucepan as directed on package using chicken broth instead of water and salt.
- Add chicken, roasted peppers, olives and salad dressing; mix well. Cover; cook over low heat for 5 to 10 minutes or until thoroughly heated, stirring occasionally.
- Pour mixture into ungreased 2 1/2-quart casserole.
- Sprinkle with Parmesan cheese.
- Broil 4 to 6 inches from heat for 1 to 2 minutes or until cheese is melted.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:30.05, Glycemic Load:44.59, Inflammation Score:-7, Nutrition Score:25.493043723314%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 690.01kcal (34.5%), Fat: 17.55g (27%), Saturated Fat: 4.57g (28.54%), Carbohydrates: 80.39g (26.8%), Net Carbohydrates: 78.07g (28.39%), Sugar: 2.34g (2.6%), Cholesterol: 94.68mg (31.56%), Sodium: 1870.63mg (81.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.22g (96.44%), Selenium: 54.71µg (78.15%), Manganese: 1.13mg (56.5%), Vitamin B3: 10.96mg (54.8%), Vitamin B6: 0.96mg (47.79%), Phosphorus: 452.9mg (45.29%), Vitamin K: 46.49µg (44.28%), Vitamin C: 33.61mg (40.74%), Zinc: 4.19mg (27.9%), Vitamin B12: 1.19µg (19.91%), Vitamin B5: 1.91mg (19.1%), Copper: 0.37mg (18.67%), Potassium: 625.56mg (17.87%), Magnesium: 71.34mg (17.84%), Iron: 3.05mg (16.95%), Vitamin A: 788.96IU (15.78%), Calcium: 153.22mg (15.32%), Vitamin B2: 0.25mg

(14.77%), Fiber: 2.32g (9.3%), Vitamin E: 1.32mg (8.8%), Vitamin B1: 0.13mg (8.77%), Folate: 26.03μg (6.51%), Vitamin D: 0.19μg (1.3%)