



Zesty Chicken and Rice Skillet

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

READY IN



30 min.

SERVINGS



30

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 chicken bouillon cube dissolved in 1-3/4 cups boiling water
- 2 cups rice white instant uncooked
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 1 bell pepper green red cut into strips
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 1 Tbsp grey poupon spicy brown mustard hearty
- 1.8 cups water boiling

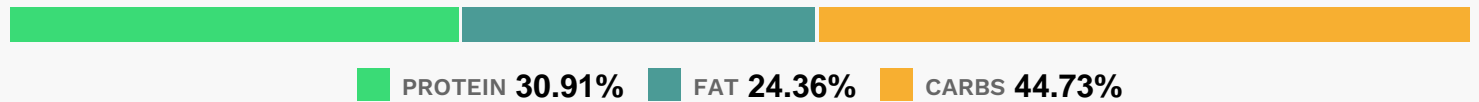
Equipment

frying pan

Directions

- Cook 1/4 cup dressing and mustard in large nonstick skillet on medium-high heat 2 min. or until heated through, stirring occasionally. Stir in chicken; cook 6 min. or until done, stirring occasionally.
- Stir in remaining dressing, bouillon and peppers; cover. Simmer 2 min. Stir in rice; simmer, covered, 5 min. or until rice and peppers are tender.
- Remove skillet from heat.
- Let stand 5 min. or until liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:1.4, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.8013043691931%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 49.88kcal (2.49%), Fat: 1.31g (2.02%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 5.23g (1.9%), Sugar: 0.55g (0.61%), Cholesterol: 9.69mg (3.23%), Sodium: 95.15mg (4.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Selenium: 7.26µg (10.37%), Vitamin B3: 2.01mg (10.04%), Vitamin B6: 0.13mg (6.61%), Vitamin B1: 0.07mg (4.46%), Folate: 16.85µg (4.21%), Vitamin C: 3.39mg (4.11%), Phosphorus: 40.66mg (4.07%), Manganese: 0.07mg (3.35%), Iron: 0.45mg (2.5%), Vitamin B5: 0.25mg (2.46%), Vitamin K: 2.53µg (2.41%), Potassium: 68.88mg (1.97%), Magnesium: 5.78mg (1.44%), Zinc: 0.18mg (1.22%), Vitamin B2: 0.02mg (1.1%), Copper: 0.02mg (1.01%)