

# Chicken with Vegetables and Rice

3 servings

## Ingredientes:

- 1 can carrots, drained, about 15 ounces
- 1 cup cooked chicken, about 5-6 ounces (diced)
- 1/2 chicken bouillon cube  
(or 1/2 teaspoon instant chicken bouillon granules)
- 1/2 teaspoon basil (dried, if you like)
- 1/2 cup water
- 1 cup white rice (cooked)
- 1 cup low-sodium green peas, about 8 1/2 ounces (8 1/2 ounce can, drained)



## Preparation:

1. Combine carrots, chicken, bouillon, and 1/2 cup water in medium-size saucepan. If using basil, add that too. Bring to boil.
2. Stir in rice; then add peas. Remove from heat.
3. Cover and let stand 2 minutes.
4. Stir gently and serve.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 3	
Amount Per Serving	
Calories 230	Calories from Fat
% Daily Value *	
Total Fat 2g	
Saturated Fat 1g	
Trans Fat	
Cholesterol 35mg	
Sodium 412mg	
Total Carbohydrate 33g	
Dietary Fiber 6g	
Sugars 7g	
Protein 19g	
Vitamin A 815 mcg	Vitamin C 12mg
Calcium 66mg	Iron 3mg
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	

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