# **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.

Amount Per Se	erving		
Calories 230		Calories f	rom Fat
		AL D	
Total Fat 2g		% Dai	y Value *
	F 4 .		
Saturated	Fat 1g		
Trans Fat			
Cholesterol 35	5mg		
Sodium 412m	9		
Total Carbohyd	drate 33g		
Dietary Fit			
Sugars 7			
	4		
Protein 19g			
Vitamin A 815		Vitamin C	12mg
		Iron	3mg
Calcium 66n	ng		
"Percent Daily Va diet.Your daily val	lues are base lues may be hi	gher or lower of	
"Percent Daily Va diet. Your daily val on your calorie ne Total Fat	lues are base lues may be hi reds: Calories: Less that	2,000 659	2,500 80g
"Percent Daily Va diet. Your daily val on your calorie ne Total Fat Saturated Fat	lues are base lues may be hi reds: Calories: Less that Less that	2,000 h 65g h 20g	2,500 80g 25g
*Percent Daily Va diet. Your daily val on your calorie ne Total Fat Saturated Fat Cholesterol	lues are basev lues may be hi reds: Calories: Less that Less that	2,000	2,500 80g 25g 300mg
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Nutrition Facts

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Nutriti	ion	Fa	cts
Serving Size 1 cu			
Servings Per Cont	r		
Servings Per Cont	ainer a		
Amount Per Servir	19		
Calories 230		Calories f	rom Fat
		% Dail	y Value '
Total Fat 2g			
Saturated Fat	10		
Trans Fat			
Cholesterol 35mg			
Sodium 412mg			
Total Carbohydrate			
Dietary Fiber	69		
Sugars 7g			
Protein 19g			
Vitamin A 815 mo	o ۱	Vitamin C	12mg
Calcium 66mg		ron	3mg
*Percent Daily Values diet. Your daily values on your calorie needs:	may be high		
Total Fat	Less than	659	809
Saturated Fat	Less than	20g	25g
Cholesterol Sodium	Less than Less than	300mg 2,400mg	300mg 2,400mg
Total Carbohydrate	reaa man	2,400mg	2,400mg
Dietary Fiber		25g	30g
Calories per gram: Fat 9 · Cart	bohydrate 4	Proteir	4





Floros, Director

States Department of Agriculture Cooperating, John D.

This material was funded by USDA's Supplemental Nutrition This indexida was tunked by DSAS Supplemential volument Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equa opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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