



 **96%**
HEALTH SCORE

Baked Chicken and Okra

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN

130 min.

SERVINGS

10

CALORIES

680 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 2 bay leaves
- 56 2 (28 ounce) cans whole peeled tomatoes whole peeled chopped canned
- 5 cups chicken broth
- 2 cups okra fresh
- 10 servings salt and pepper black to taste
- 2 cups rice white uncooked
- 3 pound meat from a rotisserie chicken whole cut into pieces

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Spread the rice over the bottom of a 10x15 inch baking dish.
- Layer the chicken pieces, tomatoes, okra, and bay leaves on top of the rice.
- Pour the broth and reserved tomato juice over the ingredients and season with salt and pepper.
- Cover and bake for 2 hours, until the chicken is tender and falling off the bone.
- Remove the bay leaves.
- Serve in large bowls with plenty of rice and sauce.

Nutrition Facts



Properties

Glycemic Index:9.32, Glycemic Load:18.08, Inflammation Score:-10, Nutrition Score:66.587825552277%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 15.7mg, Quercetin: 15.7mg, Quercetin: 15.7mg

Nutrients (% of daily need)

Calories: 680.47kcal (34.02%), Fat: 13.36g (20.55%), Saturated Fat: 3.32g (20.73%), Carbohydrates: 123.67g (41.22%), Net Carbohydrates: 99.53g (36.19%), Sugar: 55.62g (61.8%), Cholesterol: 51.34mg (17.11%), Sodium: 3969.98mg (172.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.88g (67.76%), Vitamin C: 219.7mg (266.31%), Vitamin B6: 2.89mg (144.37%), Potassium: 4574.1mg (130.69%), Iron: 23.43mg (130.14%), Manganese: 2.4mg (120.05%), Vitamin B3: 21.88mg (109.4%), Vitamin E: 15.99mg (106.59%), Fiber: 24.14g (96.57%), Copper: 1.74mg (87.03%), Vitamin B2: 1.44mg (84.93%), Vitamin B1: 1.17mg (77.7%), Calcium: 752.43mg (75.24%), Magnesium: 288.09mg (72.02%), Vitamin K: 74.02µg (70.5%), Phosphorus: 592.79mg (59.28%), Vitamin A: 2931.1IU

(58.62%), Folate: 203.04µg (50.76%), Vitamin B5: 3.74mg (37.45%), Zinc: 4.68mg (31.2%), Selenium: 17.91µg (25.58%), Vitamin B12: 0.23µg (3.77%)