



Baked Chicken and Rice



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 cup parsley fresh plus more for garnishing roughly chopped
- ☐ 1 clove garlic thinly sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1.3 teaspoons kosher salt
- ☐ 1 cup chicken broth low-sodium
- ☐ 0.5 cup orange juice fresh

- ☐ 1 cup rice long-grain
- ☐ 4 chicken breast boneless skinless cut in half
- ☐ 1 medium onion yellow thinly sliced

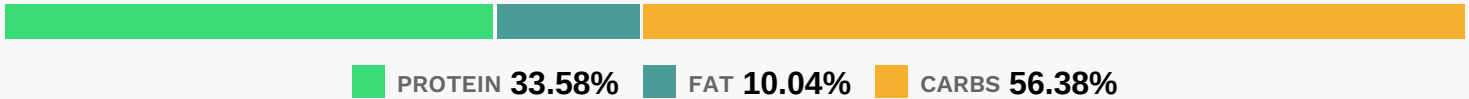
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400 F. In a large bowl, combine the rice, tomatoes and their juices, broth, orange juice, parsley, onion, garlic, cumin, 3/4 teaspoon of the salt, 1/4 teaspoon of the black pepper, and the red pepper (if using).
- ☐ Transfer to a 9-by-13-inch baking dish. Rinse the chicken and pat dry. Season with the remaining salt and pepper. Nestle the chicken pieces among the rice mixture. Cover the dish tightly with foil.
- ☐ Bake until the chicken is cooked through, about 35 minutes.
- ☐ Remove from oven.
- ☐ Let stand for 5 minutes. Spoon the rice and chicken into individual bowls.
- ☐ Sprinkle with additional parsley.Tip: Stick with ordinary long-grain rice in recipes that include several other flavors. Save aromatic varieties of rice, like basmati and jasmine, for those nights when you want an easy, flavorful side dish thats impressive all by itself.

Nutrition Facts



Properties

Glycemic Index:69.3, Glycemic Load:26.82, Inflammation Score:-9, Nutrition Score:29.321739155313%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 372.99kcal (18.65%), Fat: 4.15g (6.38%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 52.44g (17.48%), Net Carbohydrates: 48.75g (17.73%), Sugar: 8.57g (9.52%), Cholesterol: 72.32mg (24.11%), Sodium: 1023.86mg (44.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.24g (62.47%), Vitamin K: 252.3µg (240.28%), Vitamin B3: 14.96mg (74.81%), Selenium: 44.08µg (62.97%), Vitamin C: 48.55mg (58.85%), Vitamin B6: 1.15mg (57.61%), Manganese: 0.83mg (41.33%), Phosphorus: 365.81mg (36.58%), Vitamin A: 1585.61IU (31.71%), Potassium: 1019.33mg (29.12%), Vitamin B5: 2.53mg (25.26%), Copper: 0.41mg (20.27%), Iron: 3.51mg (19.48%), Magnesium: 77.29mg (19.32%), Vitamin B1: 0.24mg (15.9%), Folate: 58.99µg (14.75%), Fiber: 3.68g (14.73%), Vitamin B2: 0.24mg (14.14%), Zinc: 1.74mg (11.63%), Vitamin E: 1.69mg (11.28%), Calcium: 91.58mg (9.16%), Vitamin B12: 0.28µg (4.75%)