



Baked Chicken and Rice with Autumn Vegetables

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb chicken thighs skinless
- 6 oz cooking spoons of blended tatashe-pepper mix long-grain wild
- 2 cups butternut squash peeled
- 1 medium zucchini
- 1 medium bell pepper red cut into 1-inch pieces (1 cup)
- 2 cups water
- 0.5 cup alouette garlic & herbs spreadable cheese

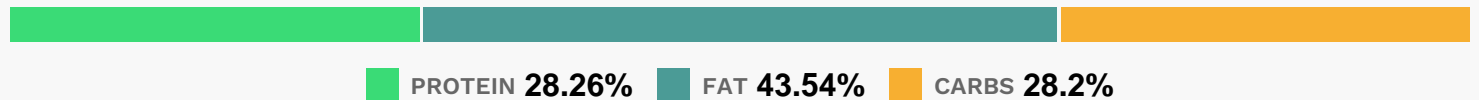
Equipment

- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 425°F. Spray 10-inch skillet with cooking spray; heat over medium-high heat. Cook chicken in skillet about 5 minutes, turning once, until brown.
- Remove chicken from skillet.
- In ungreased 13x9-inch pan, mix rice, contents of seasoning packet, squash, zucchini and bell pepper.
- Add water to skillet; heat to boiling.
- Pour boiling water over rice mixture; stir to mix. Stir in cheese.
- Place chicken on rice mixture. Cover pan with foil.
- Bake about 30 minutes or until liquid is absorbed and juice of chicken is no longer pink when centers of thickest pieces are cut.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:2.34, Inflammation Score:-10, Nutrition Score:21.26478261533%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 267.59kcal (13.38%), Fat: 13.5g (20.77%), Saturated Fat: 6.41g (40.09%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 15.47g (5.62%), Sugar: 4.01g (4.46%), Cholesterol: 104.7mg (34.9%), Sodium: 279.42mg (12.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.72g (39.44%), Vitamin A: 10647.94IU (212.96%),

Vitamin C: 65.97mg (79.97%), Vitamin B6: 0.62mg (30.8%), Vitamin B3: 6.15mg (30.77%), Selenium: 17.83µg (25.47%), Phosphorus: 220.06mg (22.01%), Potassium: 724.53mg (20.7%), Manganese: 0.38mg (18.96%), Fiber: 4.22g (16.86%), Magnesium: 64.84mg (16.21%), Vitamin B2: 0.28mg (16.19%), Vitamin B1: 0.23mg (15.43%), Zinc: 2.28mg (15.22%), Folate: 59.97µg (14.99%), Vitamin B5: 1.45mg (14.48%), Vitamin E: 1.68mg (11.23%), Iron: 1.75mg (9.74%), Copper: 0.19mg (9.67%), Vitamin B12: 0.44µg (7.4%), Calcium: 65.92mg (6.59%), Vitamin K: 6.72µg (6.4%)