



WHATSheATE



Baked Maple Chicken with Pear Pilaf



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bartlett pears organic cored peeled chopped
- ☐ 1.5 cups brown and rice mix wild
- ☐ 1 rib celery thinly sliced
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 3 cups chicken broth low-sodium
- ☐ 1 tablespoon maple syrup

- ☐ 4 teaspoons olive oil extra-virgin divided
- ☐ 1 small onion chopped
- ☐ 0.5 teaspoon sea salt divided
- ☐ 3.5 pounds meat from a rotisserie chicken whole cut into 8 pieces

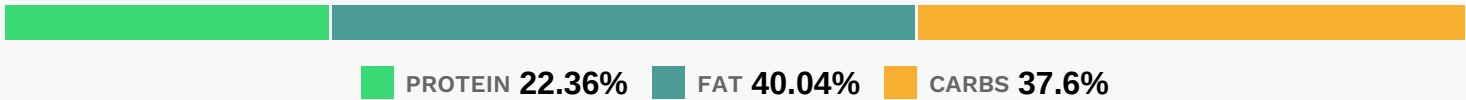
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place the chicken pieces in a roasting pan or on a rimmed baking sheet.Coat the chicken with 2 teaspoons olive oil, sprinkle with pepper and 1/4 teaspoon salt; bake 45 minutes or until cooked through.
- ☐ Remove from oven and brush the chicken with maple syrup.Meanwhile, in a medium saucepan, heat the remaining olive oil over medium-high heat.
- ☐ Add onion, celery and garlic and cook until golden, 5 to 7 minutes.Stir in rice and broth; bring to a boil. Reduce heat to low, cover and simmer 35 minutes.Stir in pears, thyme and remaining salt and continue to cook 10 minutes or until rice is tender and liquid is absorbed.
- ☐ Serve rice with chicken.

Nutrition Facts



Properties

Glycemic Index:50.38, Glycemic Load:24.41, Inflammation Score:-7, Nutrition Score:20.3743477075%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 541.48kcal (27.07%), Fat: 23.91g (36.78%), Saturated Fat: 6.32g (39.49%), Carbohydrates: 50.5g (16.83%), Net Carbohydrates: 46.65g (16.97%), Sugar: 8.49g (9.44%), Cholesterol: 95.25mg (31.75%), Sodium: 326.96mg (14.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.04g (60.08%), Manganese: 1.96mg (97.81%), Vitamin B3: 12.45mg (62.25%), Vitamin B6: 0.75mg (37.31%), Phosphorus: 361.02mg (36.1%), Selenium: 18.58µg (26.54%), Magnesium: 101.6mg (25.4%), Vitamin B1: 0.29mg (19.38%), Vitamin B5: 1.93mg (19.29%), Zinc: 2.86mg (19.06%), Potassium: 577.83mg (16.51%), Vitamin B2: 0.28mg (16.22%), Copper: 0.31mg (15.6%), Fiber: 3.85g (15.39%), Iron: 2.5mg (13.89%), Vitamin B12: 0.51µg (8.53%), Vitamin C: 6.56mg (7.95%), Vitamin K: 7.92µg (7.54%), Folate: 25.49µg (6.37%), Vitamin E: 0.86mg (5.72%), Calcium: 52.36mg (5.24%), Vitamin A: 240.97IU (4.82%), Vitamin D: 0.25µg (1.69%)