



Basic Chicken Dinner

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup brown rice cooked
- 0.3 teaspoon rubbed sage dried
- 0.5 pound ground chicken
- 4 servings water

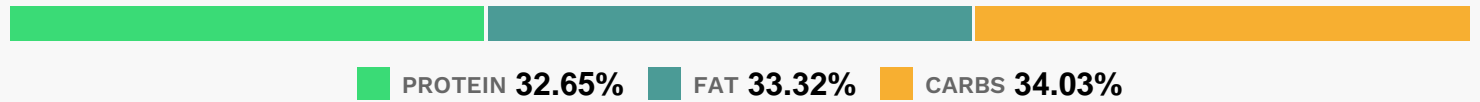
Equipment

- food processor
- frying pan

Directions

- Heat a medium skillet over medium heat; coat pan with cooking spray.
- Add chicken; cook 8 minutes or until browned, stirring to crumble. Stir in sage.
- Place chicken mixture and rice in a food processor; process until desired consistency, adding water, breast milk, or formula, 1 tablespoon at a time, if needed.
- Chicken and Rice with Apples variation: Stir 3 servings of Apple Puree or 1 cup peeled, steamed apple slices into processed chicken and rice mixture.
- Add water, breast milk or formula, 1 tablespoon at a time, if needed, until desired consistency.

Nutrition Facts



Properties

Glycemic Index:13.05, Glycemic Load:5.52, Inflammation Score:-1, Nutrition Score:6.9113043965367%

Nutrients (% of daily need)

Calories: 135.7kcal (6.78%), Fat: 5g (7.69%), Saturated Fat: 1.39g (8.66%), Carbohydrates: 11.49g (3.83%), Net Carbohydrates: 10.61g (3.86%), Sugar: 0g (0%), Cholesterol: 48.76mg (16.25%), Sodium: 46.34mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.02g (22.04%), Manganese: 0.54mg (27.2%), Vitamin B3: 3.81mg (19.05%), Vitamin B6: 0.36mg (18.16%), Phosphorus: 138.47mg (13.85%), Potassium: 334.55mg (9.56%), Magnesium: 35.75mg (8.94%), Vitamin B2: 0.14mg (8.38%), Selenium: 5.78µg (8.26%), Vitamin B5: 0.81mg (8.1%), Zinc: 1.16mg (7.73%), Vitamin B1: 0.11mg (7.44%), Copper: 0.11mg (5.71%), Vitamin B12: 0.32µg (5.29%), Iron: 0.73mg (4.03%), Fiber: 0.88g (3.52%), Calcium: 15.48mg (1.55%), Vitamin E: 0.15mg (1.02%)