



HEALTH SCORE

54%

Blackened Chicken with Dirty Rice



Gluten Free



Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 4 servings boston lettuce
- ☐ 0.3 cup celery chopped
- ☐ 4 ounces chicken livers finely chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 3 garlic clove minced
- ☐ 0.3 cup bell pepper green chopped
- ☐ 2 spring onion thinly sliced

- ☐ 1 teaspoon ground coriander
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup beef broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup onion chopped
- ☐ 2 teaspoons paprika
- ☐ 0.1 teaspoon hot sauce hot
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1 teaspoon paprika smoked
- ☐ 2 cups water
- ☐ 1 cup rice long-grain white

Equipment

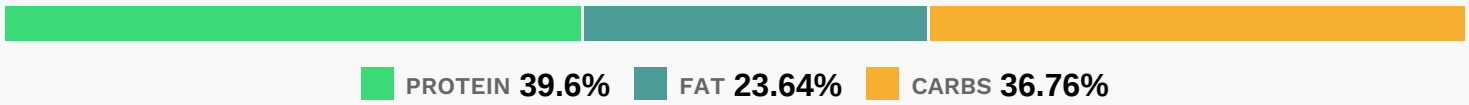
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ To prepare rice, heat a medium saucepan over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and next 3 ingredients (through thyme); saut 4 minutes.
- ☐ Add rice, paprika, 1/4 teaspoon red pepper, and garlic; saut 1 minute.
- ☐ Add 2 cups water and 1/4 teaspoon salt; bring to a boil. Reduce heat, cover, and simmer 12 minutes.
- ☐ Let stand 5 minutes.

- ☐ Heat a medium skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add livers; saut for 4 minutes or until lightly browned and cooked through. Stir in green onions.
- ☐ Add liver mixture and hot pepper sauce to rice; fluff with a fork.
- ☐ Preheat oven to 40
- ☐ To prepare chicken, combine cumin and the next 5 ingredients (through 1/4 teaspoon red pepper); rub evenly over chicken.
- ☐ Heat a large ovenproof skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add chicken to pan; cook 3 minutes. Turn chicken; place pan in oven.
- ☐ Bake at 400 for 6 minutes or until chicken is done.
- ☐ Remove chicken from pan.
- ☐ Add broth to pan; bring to a boil. Cook until liquid is reduced to 1/4 cup (about 2 minutes). Spoon sauce over chicken; serve with rice.

Nutrition Facts



Properties

Glycemic Index:84.05, Glycemic Load:23.09, Inflammation Score:-10, Nutrition Score:38.97391333269%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 472.69kcal (23.63%), Fat: 12.16g (18.71%), Saturated Fat: 2.33g (14.59%), Carbohydrates: 42.54g (14.18%), Net Carbohydrates: 40g (14.54%), Sugar: 1.39g (1.55%), Cholesterol: 206.67mg (68.89%), Sodium: 731.84mg (31.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.83g (91.66%), Selenium: 77.64µg (110.92%), Vitamin B3: 21.63mg (108.17%), Vitamin B6: 1.72mg (85.98%), Vitamin A: 4253.79IU (85.08%), Vitamin B12: 5.04µg (84.01%), Phosphorus: 522.08mg (52.21%), Vitamin B5: 4.78mg (47.77%), Folate: 190.42µg (47.61%), Vitamin B2: 0.75mg

(44.05%), Manganese: 0.81mg (40.75%), Vitamin C: 23.38mg (28.34%), Iron: 5.05mg (28.03%), Potassium: 969.56mg (27.7%), Vitamin K: 22.37µg (21.31%), Magnesium: 78.25mg (19.56%), Copper: 0.37mg (18.51%), Vitamin B1: 0.26mg (17.56%), Zinc: 2.52mg (16.83%), Vitamin E: 1.97mg (13.16%), Fiber: 2.54g (10.17%), Calcium: 66.37mg (6.64%), Vitamin D: 0.17µg (1.13%)