

# Cajun Chicken

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black
- 0.3 teaspoon cayenne pepper
- 1 tablespoon flour all-purpose
- 0.8 teaspoon garlic powder
- 2 tablespoons butter
- 1 cup nuts mixed
- 0.5 teaspoon paprika
- 1 teaspoon poultry seasoning

- 6.8 ounce rice mix spanish
- 3 chicken breast halves boneless skinless cut into bite size pieces

## Equipment

- bowl
- frying pan

## Directions

- Prepare Spanish rice mix according to package directions. Keep warm.
- Meanwhile, combine the flour, poultry seasoning, garlic powder, paprika, black pepper, and cayenne pepper in a large bowl. Toss the chicken pieces in the seasoned flour to coat.
- Heat the margarine in a large skillet over medium-high heat.
- Add the chicken, and cook until lightly browned and almost cooked through. Stir the nuts into the chicken; cook and stir until the chicken is cooked through and no longer pink in the middle.
- Serve chicken on top of prepared Spanish rice.

## Nutrition Facts



**PROTEIN 21.34%** **FAT 43.93%** **CARBS 34.73%**

## Properties

Glycemic Index:47.17, Glycemic Load:2.83, Inflammation Score:-8, Nutrition Score:24.031304615995%

## Nutrients (% of daily need)

Calories: 547.37kcal (27.37%), Fat: 27.25g (41.92%), Saturated Fat: 4.36g (27.22%), Carbohydrates: 48.46g (16.15%), Net Carbohydrates: 43.42g (15.79%), Sugar: 1.92g (2.13%), Cholesterol: 54.24mg (18.08%), Sodium: 689.88mg (29.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.79g (59.58%), Vitamin B3: 14.16mg (70.8%), Selenium: 43.91µg (62.73%), Manganese: 1.17mg (58.29%), Vitamin B6: 0.89mg (44.35%), Phosphorus: 413.11mg (41.31%), Vitamin B1: 0.54mg (36.2%), Magnesium: 123.89mg (30.97%), Copper: 0.59mg (29.44%), Folate: 104.2µg (26.05%), Potassium: 767.91mg (21.94%), Fiber: 5.04g (20.18%), Iron: 3.62mg (20.09%), Vitamin B5: 1.97mg (19.69%), Vitamin B2: 0.31mg (18.45%), Zinc: 2.42mg (16.11%), Vitamin A: 696.24IU (13.92%), Vitamin E: 0.92mg (6.1%), Vitamin K: 6.01µg (5.73%), Calcium: 52.53mg (5.25%), Vitamin B12: 0.18µg (2.94%), Vitamin C: 1.34mg (1.62%)