



Cajun Chicken and Rice

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium bell pepper cut into 1-inch pieces
- 1 tablespoon blackened seasoning
- 14.5 oz tomatoes diced with roasted garlic, undrained canned
- 28 oz chicken breast bone-in skinless
- 0.5 cup corn frozen
- 6.8 oz vermicelli spanish with seasonings
- 1.3 cups water

Equipment

oven

Directions

- Heat oven to 350F. In ungreased 3-quart casserole, mix bell peppers, corn, rice mix with seasonings, water and tomatoes.
- Sprinkle blackened seasoning over chicken; place chicken on rice mixture in casserole.
- Cover; bake 40 to 45 minutes or until rice is tender and juice of chicken is clear when thickest part is cut to bone (170F).

Nutrition Facts

 **PROTEIN 41.03%**  **FAT 11.84%**  **CARBS 47.13%**

Properties

Glycemic Index:22.5, Glycemic Load:23.57, Inflammation Score:-9, Nutrition Score:31.597826019577%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 454.81kcal (22.74%), Fat: 5.88g (9.05%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 52.66g (17.55%), Net Carbohydrates: 49.04g (17.83%), Sugar: 4.94g (5.49%), Cholesterol: 127.01mg (42.34%), Sodium: 738.38mg (32.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.86g (91.71%), Vitamin B3: 22.47mg (112.33%), Vitamin C: 89.58mg (108.59%), Selenium: 71.11µg (101.58%), Vitamin B6: 1.82mg (90.89%), Phosphorus: 543.41mg (54.34%), Vitamin A: 2043.54IU (40.87%), Vitamin B5: 3.22mg (32.23%), Potassium: 1128.1mg (32.23%), Manganese: 0.45mg (22.41%), Magnesium: 83.16mg (20.79%), Vitamin B2: 0.33mg (19.52%), Vitamin B1: 0.24mg (16.1%), Fiber: 3.63g (14.5%), Iron: 2.46mg (13.69%), Vitamin E: 2.02mg (13.44%), Folate: 53.23µg (13.31%), Zinc: 1.95mg (13.01%), Copper: 0.19mg (9.73%), Vitamin B12: 0.4µg (6.61%), Vitamin K: 6.29µg (5.99%), Calcium: 57.66mg (5.77%), Vitamin D: 0.2µg (1.32%)