



Cajun Chicken-and-Rice-Stuffed Peppers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach leaves
- ☐ 1.3 teaspoons cajun spice
- ☐ 1.3 cups less-sodium chicken broth fat-free
- ☐ 5 teaspoons chives fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 2 large bell peppers red

- ☐ 0.5 cup converted rice uncooked
- ☐ 0.3 teaspoon salt
- ☐ 0.5 pound chicken breast boneless skinless cut into 1/2-inch pieces

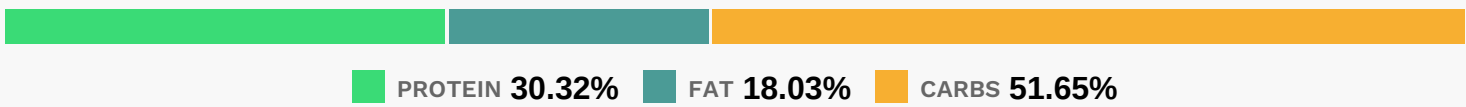
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes. Arrange halves in a 9-inch pie plate. Cover with heavy-duty plastic wrap. Microwave at high 5 minutes or until crisp-tender; drain. Return peppers to pie plate.
- ☐ Combine chicken and Cajun seasoning in a bowl.
- ☐ Heat the oil in a medium saucepan over medium heat.
- ☐ Add the chicken; saut 4 minutes or until done.
- ☐ Remove from pan.
- ☐ Add onion and garlic to pan; saut 1 minute.
- ☐ Add broth, rice, and salt; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Return chicken to pan; cover and cook 3 minutes or until rice is done. Stir in spinach and chives. Divide the rice mixture evenly among pepper halves.

Nutrition Facts



Properties

Glycemic Index:121.09, Glycemic Load:25.62, Inflammation Score:-10, Nutrition Score:38.991739304169%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg, Isorhamnetin: 2.17mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 9.86mg, Quercetin: 9.86mg, Quercetin: 9.86mg, Quercetin: 9.86mg

Nutrients (% of daily need)

Calories: 413.41kcal (20.67%), Fat: 8.33g (12.81%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 53.67g (17.89%), Net Carbohydrates: 47.72g (17.35%), Sugar: 9.18g (10.2%), Cholesterol: 72.57mg (24.19%), Sodium: 1038.18mg (45.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.51g (63.02%), Vitamin C: 225.07mg (272.81%), Vitamin A: 8707.53IU (174.15%), Vitamin K: 162.16µg (154.44%), Vitamin B6: 1.6mg (79.81%), Vitamin B3: 15.39mg (76.96%), Selenium: 47.58µg (67.98%), Manganese: 1.12mg (56.02%), Phosphorus: 385.83mg (38.58%), Folate: 154.22µg (38.56%), Potassium: 1135.19mg (32.43%), Vitamin E: 4.42mg (29.48%), Vitamin B5: 2.9mg (29.01%), Fiber: 5.95g (23.79%), Magnesium: 93.88mg (23.47%), Vitamin B2: 0.39mg (23.19%), Vitamin B1: 0.26mg (17.15%), Iron: 2.97mg (16.5%), Copper: 0.26mg (13.19%), Zinc: 1.93mg (12.87%), Calcium: 85.49mg (8.55%), Vitamin B12: 0.51µg (8.51%)