



Cajun Chicken With Okra

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes cajun-style undrained chopped canned
- 2 cups rice long-grain cooked
- 0.1 teaspoon pepper red crushed
- 1.5 tablespoons flour all-purpose
- 2 garlic cloves crushed
- 0.3 teaspoon hot sauce
- 0.7 cup low-salt chicken broth
- 10 ounce cut okra frozen thawed

- 0.3 teaspoon salt
- 16 ounce skinned
- 2 teaspoons vegetable oil
- 2 tablespoons water

Equipment

- bowl
- frying pan
- whisk

Directions

- Heat oil in a large nonstick skillet over medium-high heat until hot.
- Add chicken; cook 2 minutes on each side.
- Add broth, salt, pepper, tomatoes, and garlic; cover, reduce heat, and simmer 8 minutes or until chicken is done.
- Add okra; simmer, covered, 3 minutes.
- Combine flour and water in a small bowl, stirring with a whisk; add to skillet. Simmer, uncovered, 2 minutes or until thick. Stir in hot sauce.
- Serve over rice.

Nutrition Facts

 **PROTEIN 36.95%**  **FAT 16.7%**  **CARBS 46.35%**

Properties

Glycemic Index:71, Glycemic Load:28.67, Inflammation Score:-8, Nutrition Score:26.149565541226%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.89mg, Quercetin: 14.89mg, Quercetin: 14.89mg, Quercetin: 14.89mg

Nutrients (% of daily need)

Calories: 327.11kcal (16.36%), Fat: 6.11g (9.4%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 38.18g (12.73%), Net Carbohydrates: 33.51g (12.19%), Sugar: 5.69g (6.32%), Cholesterol: 72.57mg (24.19%), Sodium: 438.41mg (19.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.43g (60.87%), Vitamin B3: 14.83mg (74.16%), Selenium: 44.5µg (63.58%), Vitamin B6: 1.25mg (62.74%), Manganese: 1.18mg (59.11%), Phosphorus: 365.57mg (36.56%), Vitamin C: 27.77mg (33.66%), Vitamin K: 32.1µg (30.57%), Potassium: 1004.7mg (28.71%), Magnesium: 101.49mg (25.37%), Vitamin B5: 2.41mg (24.05%), Vitamin B1: 0.33mg (22.17%), Copper: 0.38mg (19.05%), Fiber: 4.67g (18.67%), Folate: 68.01µg (17%), Vitamin A: 781.5IU (15.63%), Vitamin B2: 0.25mg (14.57%), Iron: 2.61mg (14.47%), Vitamin E: 1.93mg (12.89%), Zinc: 1.81mg (12.09%), Calcium: 111.88mg (11.19%), Vitamin B12: 0.27µg (4.44%)