

Caribbean Seasoned Rice

 Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 tablespoons butter
- 1.5 cups butternut squash
- 6 to 8 chicken thighs halved
- 1 tablespoon garlic chopped
- 8 servings salt and ground pepper fresh
- 3 cups rice long grain rinsed
- 1 medium onion diced

- 2 tablespoons vegetable oil; peanut oil preferred
- 1.5 cups peas frozen
- 0.3 cup scallions chopped
- 2 sprigs thyme leaves
- 5 cups water

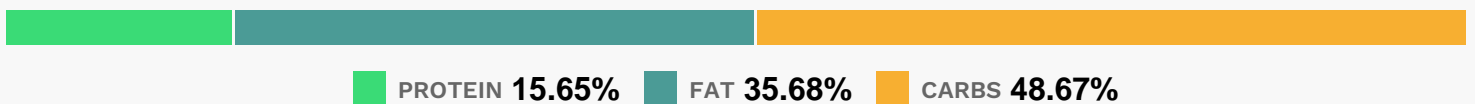
Equipment

- frying pan
- sauce pan

Directions

- Heat oil in saucepan until just smoking. Salt and pepper chicken pieces and brown both sides in single layers. When all the pieces are browned off, remove chicken from the pan and set aside.
- Drain oil from pan.
- Add butter, onion, scallions, thyme, bay leaves, and saute for 4 minutes.
- Add rice and saute for 4 to 5 minutes more, then add garlic, chicken, squash, peas and water. Bring to a boil then reduce to a simmer and cover for 35 minutes.

Nutrition Facts



Properties

Glycemic Index:36.19, Glycemic Load:34.87, Inflammation Score:-9, Nutrition Score:18.661739103172%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 537.01kcal (26.85%), Fat: 21.04g (32.37%), Saturated Fat: 6.34g (39.65%), Carbohydrates: 64.59g (21.53%), Net Carbohydrates: 61.23g (22.27%), Sugar: 2.87g (3.19%), Cholesterol: 90.58mg (30.19%), Sodium: 296.07mg (12.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.76g (41.53%), Vitamin A: 3196.87IU (63.94%), Manganese: 0.98mg (48.96%), Selenium: 27.21µg (38.87%), Vitamin B3: 5.97mg (29.87%), Vitamin B6: 0.52mg (26.15%), Phosphorus: 259.52mg (25.95%), Vitamin C: 18.72mg (22.69%), Vitamin B5: 1.73mg (17.28%), Zinc: 2.26mg (15.09%), Copper: 0.3mg (14.94%), Vitamin K: 15.69µg (14.94%), Vitamin B1: 0.22mg (14.68%), Magnesium: 55.58mg (13.89%), Fiber: 3.35g (13.42%), Potassium: 447.5mg (12.79%), Vitamin B2: 0.2mg (11.58%), Iron: 1.86mg (10.31%), Folate: 37.76µg (9.44%), Vitamin B12: 0.55µg (9.14%), Vitamin E: 1.32mg (8.79%), Calcium: 59.44mg (5.94%)