



## Cast-Iron Skillet Chicken Dirty Rice

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



8

CALORIES



177 kcal

SIDE DISH

### Ingredients

- 1.5 tablespoons canola oil
- 0.5 lb ground chicken
- 0.5 lb chicken livers pureed
- 1.3 cups chicken broth (from 32-oz carton)
- 3 cloves garlic finely chopped
- 1 anaheim chili diced
- 2 tablespoons flat parsley italian finely chopped (flat-leaf)
- 1.5 teaspoons creole seasoning

- 0.5 teaspoon ground pepper red (cayenne)
- 2 stalks celery diced with greens,
- 1 medium onion chopped
- 2.5 cups rice white hot cooked
- 1 bunch spring onion diced

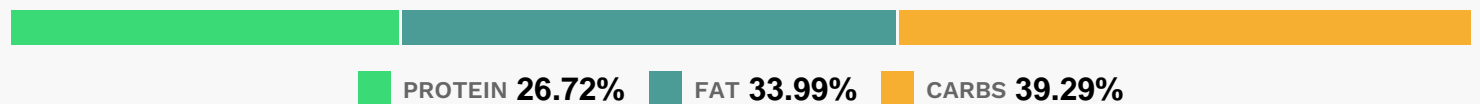
## Equipment

- frying pan

## Directions

- In 12-inch cast-iron skillet, heat oil.
- Add ground chicken and chicken livers. Cook, stirring occasionally and breaking up any large chunks, until liver is starting to stick to pan, about 10 minutes.
- Add 1/3 cup of the chicken broth, the garlic, chile, parsley, Creole seasoning and red pepper; cook until broth evaporates.
- Add celery and onion; cook until soft. Stir in the rice and remaining broth. Stir until liquid is absorbed, then sprinkle with green onions.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:40.75, Glycemic Load:15.48, Inflammation Score:-9, Nutrition Score:21.185217567112%

## Flavonoids

Apigenin: 2.44mg, Apigenin: 2.44mg, Apigenin: 2.44mg, Apigenin: 2.44mg 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: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

## Nutrients (% of daily need)

Calories: 177.39kcal (8.87%), Fat: 6.65g (10.23%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 17.29g (5.76%), Net Carbohydrates: 16.19g (5.89%), Sugar: 1.28g (1.43%), Cholesterol: 122.97mg (40.99%), Sodium: 216.18mg (9.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.76g (23.51%), Vitamin B12: 4.87µg (81.12%), Vitamin A: 3508.82IU (70.18%), Folate: 178.68µg (44.67%), Vitamin B2: 0.62mg (36.5%), Selenium: 22.56µg (32.23%), Vitamin K: 28.11µg (26.78%), Vitamin B6: 0.49mg (24.29%), Vitamin B3: 4.75mg (23.75%), Vitamin B5: 2.33mg (23.27%), Manganese: 0.39mg (19.56%), Iron: 3.12mg (17.34%), Phosphorus: 168.72mg (16.87%), Vitamin C: 9.87mg (11.96%), Copper: 0.22mg (10.8%), Zinc: 1.53mg (10.18%), Vitamin B1: 0.15mg (10.02%), Potassium: 312mg (8.91%), Vitamin E: 0.97mg (6.49%), Magnesium: 22.27mg (5.57%), Fiber: 1.09g (4.37%), Calcium: 23.95mg (2.4%)