



Chicken-and-Collards Pilau

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



376 kcal

SIDE DISH

Ingredients

- 2 cups rice uncooked
- 0.5 teaspoon pepper black freshly ground
- 1 cup carrots chopped
- 1 cup celery chopped
- 1.5 pounds skinned and boned chicken thighs cubed
- 4 cups firmly collard greens fresh packed chopped
- 2 garlic cloves minced
- 1.3 teaspoons kosher salt

- 1 tablespoon olive oil
- 0.5 teaspoon pepper dried red crushed
- 6 ounces cajun sausage smoked diced
- 1 cup onion sweet chopped
- 3 cups vegetable broth organic

Equipment

- paper towels
- oven
- slotted spoon
- dutch oven

Directions

- Preheat oven to 35
- Cook sausage in a Dutch oven over medium-high heat, stirring often, 5 to 7 minutes or until browned.
- Remove sausage using a slotted spoon; reserve drippings in Dutch oven.
- Drain sausage on paper towels.
- Sprinkle chicken with salt and pepper.
- Add oil to hot drippings in Dutch oven, and cook chicken in hot drippings over medium-high heat, stirring occasionally, 8 to 10 minutes or until done.
- Add onion and next 3 ingredients. Cook, stirring often, 5 to 7 minutes or until onion is tender. Stir in broth, next 3 ingredients, and sausage.
- Bring mixture to a boil over medium-high heat.
- Remove from heat; cover.
- Bake pilau at 350 for 20 to 25 minutes or until liquid is absorbed, stirring halfway through.
- Serve pilau immediately.

Nutrition Facts



■ PROTEIN 25.22% ■ FAT 27.83% ■ CARBS 46.95%

Properties

Glycemic Index:30.88, Glycemic Load:23.41, Inflammation Score:-10, Nutrition Score:21.463478192039%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 376.17kcal (18.81%), Fat: 11.41g (17.55%), Saturated Fat: 3.18g (19.9%), Carbohydrates: 43.31g (14.44%), Net Carbohydrates: 41.07g (14.93%), Sugar: 2.84g (3.15%), Cholesterol: 95.89mg (31.96%), Sodium: 1002.2mg (43.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.26g (46.52%), Vitamin K: 88.45µg (84.24%), Vitamin A: 3879.2IU (77.58%), Selenium: 29.53µg (42.19%), Manganese: 0.73mg (36.29%), Vitamin B3: 6.56mg (32.78%), Vitamin B6: 0.59mg (29.49%), Phosphorus: 255.23mg (25.52%), Vitamin B5: 1.73mg (17.33%), Zinc: 2.38mg (15.87%), Vitamin B2: 0.26mg (15.03%), Vitamin B12: 0.87µg (14.42%), Vitamin B1: 0.2mg (13.15%), Potassium: 455.11mg (13%), Magnesium: 44.24mg (11.06%), Folate: 43.44µg (10.86%), Vitamin C: 8.88mg (10.77%), Copper: 0.2mg (9.93%), Fiber: 2.24g (8.97%), Iron: 1.53mg (8.51%), Calcium: 80.75mg (8.07%), Vitamin E: 1.06mg (7.04%), Vitamin D: 0.23µg (1.56%)