



Chicken-and-Rice



Gluten Free



Dairy Free

READY IN



32 min.

SERVINGS



4

CALORIES



772 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon diced
- ☐ 4 ounce mushrooms drained sliced canned
- ☐ 1.5 pounds chicken breast
- ☐ 0.5 cup onion chopped
- ☐ 4 servings parsley fresh
- ☐ 0.5 cup peas green frozen thawed
- ☐ 0.3 teaspoon pepper
- ☐ 17.6 ounce rice long-grain ready-to-serve

☐ 0.8 teaspoon salt

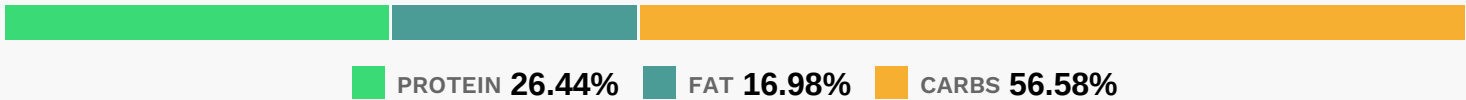
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave
- ☐ slotted spoon

Directions

- ☐ Cut chicken into 1/4-inch slices, and set aside.
- ☐ Heat rice according to package directions; set aside.
- ☐ Saut bacon in a large skillet over medium-high heat 8 minutes or until crisp; remove bacon with a slotted spoon, reserving 1 tablespoon drippings in skillet.
- ☐ Saut onion in hot drippings in skillet 3 minutes or until tender. Stir in chicken, and saut 8 minutes or until chicken is done. Stir in rice, bacon, peas, and next 3 ingredients; cook, stirring occasionally, 3 minutes or until thoroughly heated.
- ☐ Garnish, if desired.
- ☐ *4 ounces (about 1 heaping cup) snow peas may be substituted for green peas. Microwave snow peas and 1/4 cup water in a microwave-safe bowl 2 minutes before adding to chicken mixture. Proceed with recipe as directed.
- ☐ Note: For testing purposes only, we used Uncle Ben's Original Long Grain Ready Rice.

Nutrition Facts



Properties

Glycemic Index:49.13, Glycemic Load:61.19, Inflammation Score:-7, Nutrition Score:32.465652320696%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.6mg, Myricetin:

0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 772.47kcal (38.62%), Fat: 14.17g (21.8%), Saturated Fat: 4.15g (25.96%), Carbohydrates: 106.26g (35.42%), Net Carbohydrates: 102.42g (37.25%), Sugar: 2.72g (3.03%), Cholesterol: 123.38mg (41.13%), Sodium: 909.67mg (39.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.65g (99.29%), Selenium: 79.29µg (113.27%), Vitamin B3: 21.53mg (107.65%), Vitamin B6: 1.61mg (80.65%), Manganese: 1.53mg (76.65%), Vitamin K: 70.84µg (67.47%), Phosphorus: 578.94mg (57.89%), Vitamin B5: 4.1mg (41.02%), Potassium: 950.28mg (27.15%), Magnesium: 92.51mg (23.13%), Vitamin B1: 0.34mg (22.8%), Copper: 0.44mg (22.19%), Zinc: 3.11mg (20.76%), Vitamin C: 16.09mg (19.5%), Vitamin B2: 0.29mg (16.97%), Fiber: 3.84g (15.35%), Iron: 2.51mg (13.97%), Vitamin A: 535.87IU (10.72%), Folate: 41.87µg (10.47%), Vitamin B12: 0.45µg (7.5%), Calcium: 63.12mg (6.31%), Vitamin E: 0.62mg (4.11%), Vitamin D: 0.31µg (2.1%)