



Chicken and Rice Pilaf with Yams



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



447 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 2 cups rice wild cooked
- ☐ 0.5 cup golden raisins
- ☐ 0.3 cup slivered almonds toasted
- ☐ 0.8 cup chicken broth (from 32 oz carton)
- ☐ 0.3 cup chicken broth dry
- ☐ 1 teaspoon thyme leaves dried fresh chopped
- ☐ 1 large yam peeled cut into 1/2-inch pieces (2 cups)

☐ 0.5 teaspoon lawry's seasoned salt

Equipment

☐ frying pan

☐ oven

Directions

☐ Heat oven to 350°. Spray 10-inch skillet with cooking spray; heat over medium-high heat. Cook chicken in skillet 5 minutes turning once, until brown.

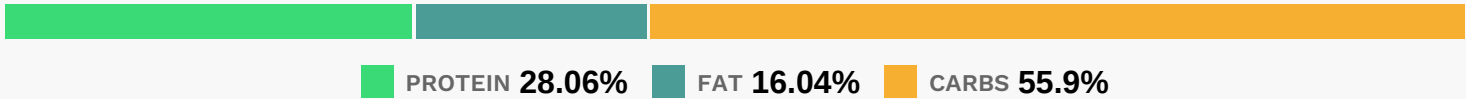
☐ Mix wild rice, raisins, almonds, broth, sherry, thyme and yam in ungreased square pan, 9x9x2 inches.

☐ Place chicken on rice mixture.

☐ Sprinkle with seasoned salt.

☐ Cover and bake 35 to 40 minutes or until juice of chicken is no longer pink when centers of thickest pieces are cut.

Nutrition Facts



Properties

Glycemic Index:40.86, Glycemic Load:20.79, Inflammation Score:-8, Nutrition Score:25.242174003435%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 446.87kcal (22.34%), Fat: 8.1g (12.46%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 63.51g (21.17%), Net Carbohydrates: 55.81g (20.29%), Sugar: 12.5g (13.88%), Cholesterol: 73.75mg (24.58%), Sodium: 654.41mg (28.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.88g (63.76%), Vitamin B3: 14.13mg (70.66%), Vitamin B6: 1.34mg (67.02%), Selenium: 38.41µg (54.87%), Manganese: 0.96mg (48.15%), Potassium: 1574.06mg (44.97%), Phosphorus: 430.14mg (43.01%), Fiber: 7.7g (30.8%), Magnesium: 109.81mg (27.45%), Vitamin C: 20.7mg (25.09%), Copper: 0.49mg (24.35%), Vitamin B2: 0.39mg (23.09%), Vitamin B5: 2.15mg (21.47%), Vitamin E: 3.13mg (20.86%), Vitamin B1: 0.27mg (17.69%), Zinc: 2.4mg (15.99%), Folate: 54.73µg (13.68%), Iron: 2.27mg (12.6%), Calcium: 64.35mg (6.44%), Vitamin A: 206.4IU (4.13%), Vitamin B12: 0.24µg (3.98%), Vitamin K: 3.69µg (3.51%)