



Chicken and Rice Salad

READY IN



45 min.

SERVINGS



6

CALORIES



381 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup brown and rice blend wild
- ☐ 1 cup carrots peeled chopped
- ☐ 2 teaspoons dijon mustard
- ☐ 2 ounces goat cheese crumbled
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 cups lower-sodium chicken broth fat-free
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons parsley chopped

- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.3 cup onion red chopped
- ☐ 18 ounce chicken breast halves boneless skinless
- ☐ 0.3 cup cranberries dried sweetened
- ☐ 4 cups water cold
- ☐ 2 tablespoons citrus champagne vinegar

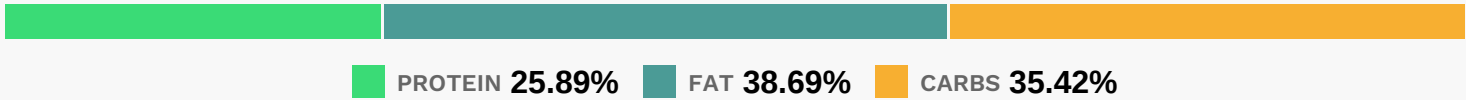
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place cold water, chicken broth, and chicken in a saucepan over high heat; bring to a simmer. Reduce heat, and simmer 15 minutes or until chicken is done.
- ☐ Remove chicken from pan, reserving cooking liquid; cool. Shred chicken. Increase heat to medium-high; bring cooking liquid to a boil.
- ☐ Add brown and wild rice blend to pan. Cover, reduce heat, and simmer 28 minutes.
- ☐ Add carrot to rice; cook 7 minutes or until rice is tender.
- ☐ Drain.
- ☐ Combine white wine vinegar, olive oil, and Dijon mustard. Toss dressing with rice mixture. Stir in shredded chicken, pecans, cranberries, red onion, parsley, kosher salt, and black pepper. Spoon 1 1/2 cups rice mixture into each of 6 bowls.
- ☐ Sprinkle evenly with crumbled goat cheese.

Nutrition Facts



Properties

Glycemic Index:39.76, Glycemic Load:14.43, Inflammation Score:-10, Nutrition Score:23.467825964741%

Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 380.61kcal (19.03%), Fat: 16.46g (25.32%), Saturated Fat: 3.26g (20.36%), Carbohydrates: 33.91g (11.3%), Net Carbohydrates: 30.73g (11.18%), Sugar: 6.67g (7.41%), Cholesterol: 58.78mg (19.59%), Sodium: 518.33mg (22.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.77g (49.55%), Manganese: 1.7mg (84.84%), Vitamin A: 3862.42IU (77.25%), Vitamin B3: 10.67mg (53.36%), Vitamin B6: 0.88mg (44.2%), Selenium: 28.49µg (40.71%), Vitamin K: 39.78µg (37.89%), Phosphorus: 324.98mg (32.5%), Magnesium: 87.12mg (21.78%), Potassium: 697.27mg (19.92%), Vitamin B5: 1.92mg (19.23%), Vitamin B1: 0.27mg (18.32%), Copper: 0.34mg (16.83%), Fiber: 3.17g (12.7%), Zinc: 1.75mg (11.68%), Vitamin B2: 0.17mg (9.74%), Iron: 1.61mg (8.93%), Vitamin E: 1.28mg (8.55%), Vitamin C: 5.58mg (6.76%), Folate: 21.36µg (5.34%), Calcium: 52.85mg (5.28%), Vitamin B12: 0.19µg (3.13%)