



Chicken and Rice with Creamy Herb Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chicken-flavored bouillon granules
- ☐ 4 cups rice long-grain hot cooked
- ☐ 0.5 teaspoon cornstarch
- ☐ 0.3 cup cooking wine dry white
- ☐ 4 servings parsley fresh chopped
- ☐ 6 ounce cream cheese light with garlic and spices
- ☐ 16 ounce skinned
- ☐ 0.8 cup water

☐ 1 tablespoon water

Equipment

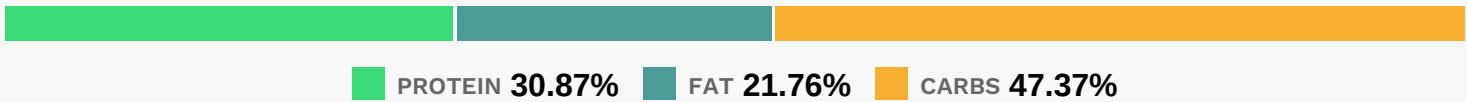
☐ frying pan

☐ whisk

Directions

- ☐ Bring first 3 ingredients to a boil in a large skillet; add chicken. Cover, reduce heat, and simmer 15 minutes, turning chicken after 8 minutes.
- ☐ Remove chicken from skillet. Set aside; keep warm.
- ☐ Bring cooking liquid to a boil; cook 5 minutes or until reduced to 2/3 cup.
- ☐ Combine 1 tablespoon water and cornstarch; add to skillet. Bring to a boil; cook 1 minute, stirring constantly.
- ☐ Add cream cheese; cook until well-blended, stirring constantly with a whisk.
- ☐ Serve chicken over rice; spoon sauce over chicken.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:47.92, Inflammation Score:-6, Nutrition Score:21.079565167427%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 436.18kcal (21.81%), Fat: 9.99g (15.36%), Saturated Fat: 4.66g (29.1%), Carbohydrates: 48.93g (16.31%), Net Carbohydrates: 48.16g (17.51%), Sugar: 2.82g (3.13%), Cholesterol: 95.6mg (31.87%), Sodium: 410.58mg (17.85%), Alcohol: 1.54g (100%), Alcohol %: 0.51% (100%), Protein: 31.88g (63.75%), Selenium: 50µg (71.43%), Vitamin K: 66.35µg (63.19%), Vitamin B3: 12.59mg (62.97%), Vitamin B6: 1.03mg (51.35%), Manganese: 0.79mg (39.61%), Phosphorus: 376.6mg (37.66%), Vitamin B5: 2.62mg (26.17%), Potassium: 614.27mg (17.55%), Magnesium: 56.11mg (14.03%), Vitamin B2: 0.22mg (13%), Vitamin A: 605.72IU (12.11%), Zinc: 1.74mg (11.6%), Vitamin B12: 0.62µg (10.33%), Calcium: 93.66mg (9.37%), Vitamin B1: 0.13mg (8.39%), Copper: 0.17mg (8.38%), Vitamin C: 6.69mg (8.1%), Iron: 1.1mg (6.13%), Folate: 23.75µg (5.94%), Fiber: 0.77g (3.07%), Vitamin E: 0.43mg (2.84%), Vitamin D: 0.24µg (1.61%)