



Chicken and Rice with Mushrooms



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.8 cup brown basmati rice uncooked
- ☐ 8 ounces cremini mushrooms sliced
- ☐ 0.3 ounce porcini mushrooms dried
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 tablespoons olive oil divided
- ☐ 0.8 cup onion chopped
- ☐ 2 cups peas green frozen thawed

- ☐ 0.8 teaspoon salt divided
- ☐ 1 pound chicken thighs boneless skinless cut into 1-inch pieces
- ☐ 1 teaspoon paprika sweet
- ☐ 2 cups water boiling

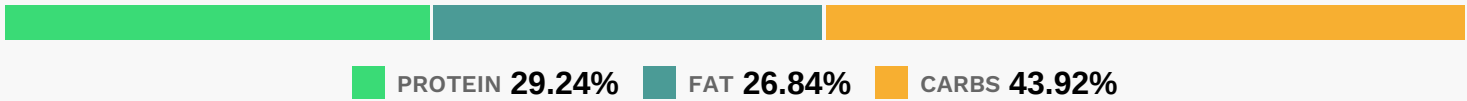
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve

Directions

- ☐ Combine 2 cups boiling water and porcini mushrooms; let stand for 20 minutes.
- ☐ Drain through a sieve over a bowl, reserving soaking liquid. Finely chop mushrooms.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 tablespoon olive oil to pan; swirl to coat.
- ☐ Sprinkle chicken evenly with paprika, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Add chicken mixture to pan; saut for 5 minutes or until chicken is browned, stirring occasionally.
- ☐ Remove chicken from pan.
- ☐ Return pan to medium-high heat.
- ☐ Add remaining 1 tablespoon oil to pan; swirl to coat.
- ☐ Add onion and cremini mushrooms; sprinkle with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper; saut 4 minutes or until lightly browned, stirring occasionally. Stir in reserved porcini liquid, chopped porcini, and rice; bring to a boil. Cover, reduce heat to medium-low, and simmer gently for 35 minutes. Stir in the reserved chicken, peas, and thyme. Cover and cook 10 minutes or until rice is tender and chicken is done.

Nutrition Facts



Properties

Glycemic Index:56.13, Glycemic Load:20.24, Inflammation Score:-9, Nutrition Score:27.175652019356%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 415.68kcal (20.78%), Fat: 12.39g (19.06%), Saturated Fat: 2.29g (14.34%), Carbohydrates: 45.61g (15.2%), Net Carbohydrates: 39.49g (14.36%), Sugar: 6.49g (7.21%), Cholesterol: 107.73mg (35.91%), Sodium: 553.75mg (24.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.35g (60.71%), Selenium: 47.92µg (68.46%), Vitamin B3: 10.93mg (54.64%), Manganese: 0.9mg (45.19%), Phosphorus: 416.01mg (41.6%), Vitamin C: 34.09mg (41.32%), Vitamin B6: 0.82mg (40.85%), Vitamin B2: 0.64mg (37.45%), Copper: 0.69mg (34.5%), Vitamin B5: 3.09mg (30.86%), Vitamin B1: 0.39mg (26.33%), Zinc: 3.88mg (25.87%), Vitamin K: 26.45µg (25.19%), Fiber: 6.12g (24.48%), Potassium: 845.15mg (24.15%), Folate: 78.27µg (19.57%), Magnesium: 74.43mg (18.61%), Vitamin A: 913.22IU (18.26%), Iron: 3.05mg (16.94%), Vitamin B12: 0.78µg (13.04%), Vitamin E: 1.5mg (10.03%), Calcium: 68.57mg (6.86%)