



Chicken, Artichoke, and Rice Casserole

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



509 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3.5 pounds chicken thighs
- ☐ 1 tablespoon rubbed sage dried
- ☐ 1 tablespoon thyme leaves dried
- ☐ 1 cup cooking wine dry white
- ☐ 9 ounce artichoke hearts frozen
- ☐ 3 garlic cloves minced
- ☐ 3 cups no-salt-added chicken broth
- ☐ 2 tablespoons olive oil divided

- ☐ 3 cups onion finely chopped
- ☐ 2.5 cups peas green frozen
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 2 cups plum tomatoes diced
- ☐ 2 cups rice long-grain uncooked
- ☐ 0.8 cup bottled roasted bell peppers red thinly sliced into strips
- ☐ 1 teaspoon salt

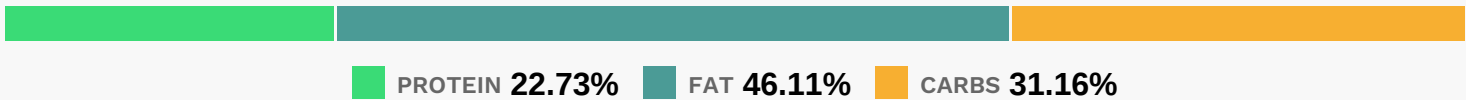
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Heat 1 tablespoon oil in a Dutch oven over medium heat.
- ☐ Add chicken and garlic; cook 7 minutes on each side or until lightly browned.
- ☐ Remove from pan. Set aside; keep warm. Preheat oven to 40
- ☐ Heat 1 tablespoon oil in pan over medium heat.
- ☐ Add onion and rice; saut 15 minutes or until rice is lightly browned.
- ☐ Add broth and next 5 ingredients; bring to a boil.
- ☐ Add chicken; top with peas, tomato, and artichokes.
- ☐ Bake, uncovered, at 400 for 50 minutes; stir after 25 minutes. Cover and cook 15 minutes or until liquid is absorbed. Stir well; top with pepper strips.
- ☐ Note: One (15-ounce) can artichoke hearts, drained and rinsed, may be substituted for frozen artichoke hearts, if desired. Sodium content will be higher.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:17.39, Inflammation Score:-8, Nutrition Score:19.965217481489%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

Nutrients (% of daily need)

Calories: 508.73kcal (25.44%), Fat: 25.28g (38.89%), Saturated Fat: 6.5g (40.65%), Carbohydrates: 38.44g (12.81%), Net Carbohydrates: 34g (12.36%), Sugar: 4.77g (5.3%), Cholesterol: 129.65mg (43.22%), Sodium: 451.16mg (19.62%), Alcohol: 2.06g (100%), Alcohol %: 0.68% (100%), Protein: 28.04g (56.07%), Selenium: 30.36µg (43.37%), Vitamin B3: 8.64mg (43.21%), Manganese: 0.72mg (36.06%), Vitamin B6: 0.7mg (34.99%), Phosphorus: 335.66mg (33.57%), Vitamin C: 26.1mg (31.63%), Vitamin K: 23.78µg (22.65%), Potassium: 671.35mg (19.18%), Vitamin B5: 1.83mg (18.3%), Zinc: 2.7mg (18.03%), Vitamin B2: 0.3mg (17.87%), Fiber: 4.44g (17.75%), Folate: 69.38µg (17.35%), Vitamin B1: 0.25mg (16.86%), Magnesium: 62.23mg (15.56%), Vitamin A: 764.82IU (15.3%), Vitamin B12: 0.91µg (15.1%), Iron: 2.62mg (14.53%), Copper: 0.29mg (14.44%), Vitamin E: 0.95mg (6.31%), Calcium: 62.62mg (6.26%)