



Chicken Breasts with Wild Rice Alfredo

 **Gluten Free**  **Dairy Free**

READY IN



135 min.

SERVINGS



6

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups rice wild rinsed uncooked drained
- 14 oz chicken broth canned
- 1 cup water
- 1 teaspoon thyme leaves dried
- 2 tablespoons butter
- 2 lb chicken breast halves boneless skinless
- 8 oz mushrooms fresh sliced (3 cups)
- 7 oz roasted peppers red drained chopped

1 lb alfredo sauce (2 cups)

Equipment

frying pan

sauce pan

oven

glass baking pan

Directions

In 2-quart saucepan, heat wild rice, broth and water to boiling over high heat. Reduce heat to low. Cover and simmer 45 to 60 minutes or until rice kernels are open and almost tender; drain if necessary. Stir in thyme.

Spread rice in ungreased 13x9-inch glass baking dish.

Heat oven to 350°F. In 12-inch skillet, heat butter over medium-high heat. Cook chicken in butter 8 to 10 minutes, turning once, until brown.

Place on cooked rice.

Add mushrooms to skillet. Cook 3 to 5 minutes, stirring occasionally, until lightly browned. Stir in bell peppers and Alfredo sauce; pour over chicken.

Bake uncovered 45 to 55 minutes or until mixture is bubbly and juice of chicken is no longer pink when centers of thickest pieces are cut.

Nutrition Facts



PROTEIN **33.95%** FAT **37.67%** CARBS **28.38%**

Properties

Glycemic Index:22.17, Glycemic Load:15.68, Inflammation Score:-8, Nutrition Score:25.68652176857%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg

Nutrients (% of daily need)

Calories: 503.37kcal (25.17%), Fat: 20.88g (32.12%), Saturated Fat: 7.94g (49.64%), Carbohydrates: 35.39g (11.8%), Net Carbohydrates: 32.09g (11.67%), Sugar: 3.24g (3.6%), Cholesterol: 147.68mg (49.23%), Sodium: 1432.39mg (62.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.33g (84.65%), Vitamin B3: 20.16mg (100.81%), Selenium: 53.38µg (76.26%), Vitamin B6: 1.39mg (69.43%), Phosphorus: 533.91mg (53.39%), Manganese: 0.66mg (33.06%), Vitamin B5: 3.17mg (31.74%), Magnesium: 118.88mg (29.72%), Vitamin B2: 0.46mg (27.07%), Potassium: 914.62mg (26.13%), Zinc: 3.57mg (23.82%), Vitamin C: 18.53mg (22.46%), Copper: 0.43mg (21.59%), Folate: 55.96µg (13.99%), Fiber: 3.3g (13.21%), Vitamin B1: 0.2mg (13.08%), Iron: 1.9mg (10.56%), Vitamin A: 409.03IU (8.18%), Vitamin B12: 0.34µg (5.59%), Vitamin E: 0.79mg (5.27%), Calcium: 37.23mg (3.72%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.06µg (1.01%)