



## Chicken & Brown Rice Pilaf

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



49 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 slices oscar mayer bacon cut into 1-inch pieces
- 3 cups brown rice long-grain hot cooked
- 3 Tbsp parsley fresh chopped
- 1 onion chopped
- 2 Tbsp parmesan cheese grated kraft
- 1 bell pepper red chopped
- 1.5 lb chicken breasts boneless skinless
- 0.8 lb sugar snap peas fresh

2 Tbsp water

## Equipment

frying pan

paper towels

slotted spoon

## Directions

Cook and stir bacon in large nonstick skillet on medium heat 5 min. or until crisp.

Remove bacon from skillet with slotted spoon; drain on paper towels. Discard drippings from skillet.

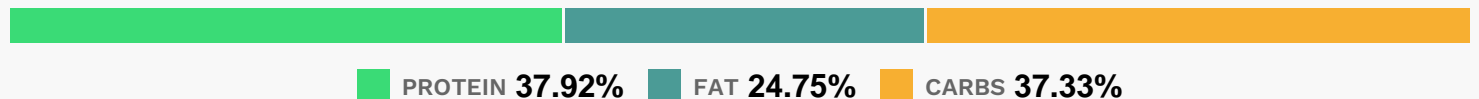
Add chicken to skillet; cook 5 to 6 min. on each side or until golden brown on both sides and done (165F).

Transfer chicken to plate; cover to keep warm.

Add onions and peppers to skillet; cook and stir 3 min. Stir in peas and water; cover. Simmer 4 to 5 min. or until vegetables are crisp-tender. Stir in rice; transfer to serving plate.

Top with chicken, cheese, parsley and bacon.

## Nutrition Facts



## Properties

Glycemic Index:2.28, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:4.0934782591851%

## Flavonoids

Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 49.11kcal (2.46%), Fat: 1.33g (2.04%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 3.9g (1.42%), Sugar: 0.64g (0.71%), Cholesterol: 12.19mg (4.06%), Sodium: 36.53mg (1.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.15%), Vitamin C: 9.7mg (11.75%), Vitamin B3: 2.15mg (10.76%), Selenium: 7.37µg (10.53%), Vitamin B6: 0.18mg (8.95%), Manganese: 0.16mg (8.17%), Vitamin K: 7.08µg (6.75%), Phosphorus: 58.06mg (5.81%), Vitamin A: 217.53IU (4.35%), Vitamin B5: 0.37mg (3.72%), Magnesium: 13.82mg (3.45%), Vitamin B1: 0.05mg (3.03%), Potassium: 101.83mg (2.91%), Fiber: 0.6g (2.41%), Vitamin B2: 0.03mg (1.95%), Iron: 0.35mg (1.92%), Folate: 7.18µg (1.79%), Zinc: 0.26mg (1.73%), Copper: 0.03mg (1.44%)