

Chicken Brunch Bake

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



328 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 9 slices bread cubed
- 3 cups chicken broth
- 4 cups roasted chicken cubed cooked
- 4 eggs beaten
- 2 tablespoons parsley fresh minced
- 0.5 cup pimientos diced
- 1.5 teaspoons salt
- 0.5 cup rice white uncooked minute®

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Equipment

bowl

oven

knife

baking pan

Directions

In a large bowl, toss bread cubes and broth.

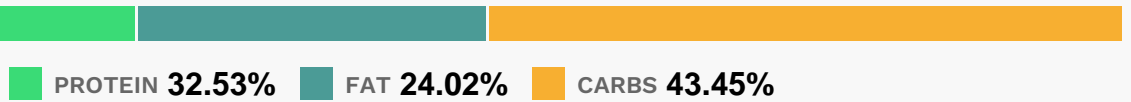
Add chicken, rice, pimientos, parsley and salt if desired; mix well.

Transfer to a greased 13-in. x 9-in. baking dish.

Pour eggs over all.

Bake, uncovered, at 325° for 1 hour or until a knife inserted near the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:19.39, Inflammation Score:-5, Nutrition Score:15.954782734747%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 328.08kcal (16.4%), Fat: 8.55g (13.15%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 34.81g (11.6%), Net Carbohydrates: 32.94g (11.98%), Sugar: 2.7g (3%), Cholesterol: 136.1mg (45.37%), Sodium: 999.46mg (43.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.05g (52.11%), Selenium: 36.92µg (52.74%), Vitamin B3: 7.96mg (39.8%), Manganese: 0.7mg (34.97%), Phosphorus: 251.81mg (25.18%), Vitamin B6: 0.43mg (21.49%), Vitamin B2: 0.36mg (20.93%), Vitamin K: 19.26µg (18.34%), Vitamin C: 13.87mg (16.82%), Iron: 2.93mg (16.25%), Vitamin B5: 1.52mg (15.24%), Vitamin B1: 0.22mg (14.65%), Zinc: 2.03mg (13.52%), Folate: 44.83µg (11.21%), Vitamin A: 552.73IU (11.05%), Magnesium: 38.27mg (9.57%), Copper: 0.18mg (8.77%), Potassium: 306.32mg (8.75%), Fiber:

1.87g (7.48%), Calcium: 72.58mg (7.26%), Vitamin B12: 0.42µg (6.94%), Vitamin E: 0.46mg (3.07%), Vitamin D:
0.44µg (2.93%)