



HEALTH SCORE

16%

Chicken Carrot Pilaf



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



364 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound chicken breast boneless skinless cut into thin strips
- ☐ 0.3 cup butter cubed
- ☐ 1.5 cups rice long grain uncooked
- ☐ 5 medium carrots sliced
- ☐ 1 medium onion chopped
- ☐ 0.5 cup mushrooms fresh sliced
- ☐ 0.3 cup bell pepper sweet red chopped
- ☐ 4 cups chicken broth

☐ 2 tablespoons parsley fresh minced

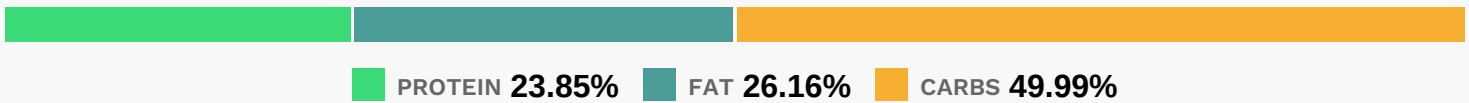
Equipment

☐ frying pan

Directions

- ☐ In a large skillet, brown chicken in butter until no longer pink.
- ☐ Remove and keep warm. In the same skillet, add the rice, carrots, onion, mushrooms and red pepper. Cook and stir until rice is browned and onion is tender.
- ☐ Stir in broth.
- ☐ Place chicken over rice mixture. Bring to a boil. Reduce heat; cover and simmer for 20–25 minutes or until rice is tender. Stir in parsley.
- ☐ Let stand for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:46.84, Glycemic Load:24.4, Inflammation Score:-10, Nutrition Score:20.497391415679%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 364.24kcal (18.21%), Fat: 10.46g (16.09%), Saturated Fat: 5.43g (33.92%), Carbohydrates: 44.97g (14.99%), Net Carbohydrates: 42.38g (15.41%), Sugar: 4.35g (4.84%), Cholesterol: 71.85mg (23.95%), Sodium: 769.26mg (33.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.45g (42.91%), Vitamin A: 9061.46IU (181.23%), Vitamin B3: 9.86mg (49.3%), Selenium: 32.79µg (46.84%), Vitamin B6: 0.76mg (38.11%), Manganese: 0.7mg (34.79%), Vitamin K: 29.81µg (28.39%), Phosphorus: 252.86mg (25.29%), Vitamin B5: 1.88mg (18.77%), Vitamin C: 15.15mg (18.36%), Potassium: 598.73mg (17.11%), Vitamin B2: 0.27mg (15.71%), Vitamin B1: 0.17mg (11.14%), Magnesium: 43.04mg (10.76%), Fiber: 2.59g (10.36%), Copper: 0.2mg (10.21%), Zinc: 1.29mg (8.57%), Folate:

26.39µg (6.6%), Vitamin E: 0.92mg (6.16%), Iron: 1.1mg (6.12%), Calcium: 48.77mg (4.88%), Vitamin B12: 0.2µg (3.36%)