



Chicken Pilau

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 carrots
- 2 rib celery cut in half
- 0.5 teaspoon garlic salt
- 1 medium onion
- 0.5 teaspoon pepper
- 1 cup rice long-grain uncooked
- 1 teaspoon salt
- 1.5 quarts water

2.5 pound meat from a rotisserie chicken whole

Equipment

sauce pan

dutch oven

Directions

Bring first 8 ingredients to a boil in a Dutch oven. Reduce heat, and simmer 1 hour or until chicken is done.

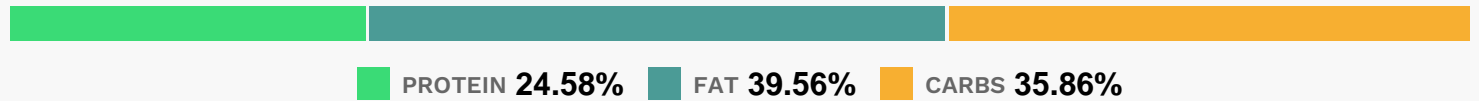
Remove from heat; let stand in broth 1 hour.

Remove chicken, and cool slightly; reserve 1 2/3 cups broth. Skin and bone chicken, and cut into bite-size pieces.

Bring chicken, reserved broth, and rice to a boil in a large saucepan. Cover, reduce heat, and cook 20 minutes or until broth is absorbed and rice is tender.

Remove from heat; let stand 5 minutes. Fluff with a fork.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:23.83, Inflammation Score:-10, Nutrition Score:18.774782657623%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 485.58kcal (24.28%), Fat: 20.91g (32.17%), Saturated Fat: 5.97g (37.33%), Carbohydrates: 42.64g (14.21%), Net Carbohydrates: 40.65g (14.78%), Sugar: 2.68g (2.97%), Cholesterol: 102.06mg (34.02%), Sodium: 1009.96mg (43.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.22g (58.45%), Vitamin A: 5290IU (105.8%), Vitamin B3: 10.33mg (51.65%), Selenium: 26.76µg (38.23%), Manganese: 0.64mg (32.14%), Vitamin B6: 0.63mg (31.42%),

Phosphorus: 272.39mg (27.24%), Vitamin B5: 1.83mg (18.29%), Zinc: 2.45mg (16.32%), Potassium: 452.93mg (12.94%), Copper: 0.25mg (12.62%), Vitamin B2: 0.21mg (12.46%), Magnesium: 49.24mg (12.31%), Iron: 1.78mg (9.87%), Vitamin B1: 0.15mg (9.81%), Fiber: 1.99g (7.98%), Vitamin C: 6.03mg (7.31%), Vitamin B12: 0.42µg (7.03%), Vitamin K: 6.78µg (6.46%), Folate: 23.11µg (5.78%), Calcium: 56.8mg (5.68%), Vitamin E: 0.67mg (4.47%), Vitamin D: 0.27µg (1.81%)