



Chicken Wild Rice Amandine

 Dairy Free

READY IN



110 min.

SERVINGS



8

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz water chestnuts drained sliced canned
- 29 oz chicken broth ready-to-serve canned
- 0.3 cup flour all-purpose
- 8 oz mushrooms fresh sliced (3 cups)
- 1 tablespoon cooking oil
- 0.3 cup onion chopped
- 0.3 teaspoon hot sauce
- 1.5 lb chicken breast halves boneless skinless cubed

- 0.5 cup slivered almonds
- 0.3 cup soya sauce
- 1.5 cups rice wild uncooked

Equipment

- bowl
- sauce pan
- oven
- dutch oven

Directions

- Heat oven to 350F. Spray 3-quart casserole with nonstick cooking spray.
- Rinse wild rice; place in large saucepan.
- Add enough water to cover. Bring to a boil over high heat. Reduce heat; cover and simmer 10 minutes.
- Meanwhile, heat oil in Dutch oven over medium-high heat until hot.
- Add chicken; cook and stir 6 to 8 minutes or until lightly browned.
- Add onion and mushrooms; cook and stir 5 to 6 minutes or until onion and mushrooms are tender.
- Drain wild rice.
- Add to mixture in Dutch oven.
- In large bowl, combine broth, soy sauce, hot pepper sauce and flour; blend well. Stir into chicken mixture in Dutch oven.
- Add water chestnuts; cook and stir until mixture is bubbly and slightly thickened.
- Remove from heat.
- Pour into sprayed casserole.
- Bake at 350F. for 30 minutes. Stir in almonds; cover and bake an additional 30 to 45 minutes or until rice is tender and liquid is absorbed.

Nutrition Facts



■ PROTEIN 42.33% ■ FAT 29.34% ■ CARBS 28.33%

Properties

Glycemic Index:26.88, Glycemic Load:14.12, Inflammation Score:-6, Nutrition Score:25.046086990315%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 497.66kcal (24.88%), Fat: 16.14g (24.83%), Saturated Fat: 3.26g (20.36%), Carbohydrates: 35.07g (11.69%), Net Carbohydrates: 30.73g (11.18%), Sugar: 3.04g (3.38%), Cholesterol: 105.81mg (35.27%), Sodium: 1009.55mg (43.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.39g (104.79%), Vitamin B3: 15.31mg (76.54%), Selenium: 51.6µg (73.71%), Phosphorus: 546.2mg (54.62%), Vitamin B6: 1.08mg (54.05%), Zinc: 5.44mg (36.29%), Manganese: 0.69mg (34.7%), Magnesium: 122.05mg (30.51%), Vitamin B2: 0.5mg (29.4%), Potassium: 818.84mg (23.4%), Copper: 0.45mg (22.64%), Vitamin B5: 2.1mg (21.04%), Vitamin B12: 1.21µg (20.15%), Vitamin E: 3mg (19.99%), Iron: 3.38mg (18.78%), Fiber: 4.34g (17.37%), Folate: 53.71µg (13.43%), Vitamin B1: 0.17mg (11.19%), Calcium: 48.84mg (4.88%), Vitamin A: 213.48IU (4.27%), Vitamin K: 4.47µg (4.26%), Vitamin C: 2.65mg (3.21%), Vitamin D: 0.24µg (1.63%)