



## Chicken with Orange-Pecan Rice

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6.2 oz cooking spoons of blended tatashe-pepper mix long-grain wild
- 2 cups orange juice
- 0.3 cup pecans chopped
- 2 oz pimientos diced drained
- 1.3 lb chicken breast boneless skinless
- 0.5 teaspoon paprika

### Equipment

- frying pan

- oven
- aluminum foil

## Directions

- Heat oven to 350°F. Spray 8-inch square pan with cooking spray.
- In pan, mix rice, seasoning packet from rice mix, orange juice, pecans and pimientos.
- Place chicken on rice mixture; sprinkle with paprika.
- Cover with foil.
- Bake 35 to 45 minutes or until liquid is absorbed and juice of chicken is clear when center of thickest part is cut (170°F).

## Nutrition Facts

**PROTEIN 44.6%** **FAT 27.55%** **CARBS 27.85%**

## Properties

Glycemic Index:41.75, Glycemic Load:8.74, Inflammation Score:-10, Nutrition Score:26.190434847189%

## Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 297.26kcal (14.86%), Fat: 9.14g (14.06%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 17.7g (6.44%), Sugar: 11.18g (12.43%), Cholesterol: 90.72mg (30.24%), Sodium: 188.9mg (8.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.28g (66.55%), Vitamin C: 83.09mg (100.71%), Vitamin B3: 16.04mg (80.21%), Selenium: 45.96µg (65.66%), Vitamin B6: 1.21mg (60.52%), Vitamin A: 3025.18IU (60.5%), Phosphorus: 367.31mg (36.73%), Potassium: 926.61mg (26.47%), Vitamin B5: 2.39mg (23.94%), Manganese: 0.47mg (23.47%), Vitamin B1: 0.3mg (20.31%), Magnesium: 70.72mg (17.68%), Folate: 58.23µg (14.56%), Vitamin B2: 0.24mg (14.03%), Fiber: 3.07g (12.29%), Copper: 0.23mg (11.29%), Zinc: 1.43mg (9.56%), Iron: 1.71mg (9.48%),

Vitamin B12: 0.28µg (4.72%), Vitamin E: 0.61mg (4.04%), Calcium: 38.05mg (3.8%), Vitamin K: 2.29µg (2.18%)