



Chicken with Orange-Pecan Rice

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

READY IN



50 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups orange juice
- 0.5 teaspoon paprika
- 0.3 cup pecans chopped
- 2 oz pimientos diced drained
- 6.2 oz quick-cooking brown rice long-grain wild
- 1.3 lb chicken breast boneless skinless

Equipment

- frying pan

- oven
- aluminum foil

Directions

- Heat oven to 350F. 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 (170F).

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:6.86, Inflammation Score:-8, Nutrition Score:29.091739299505%

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, 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: 436.12kcal (21.81%), Fat: 9.32g (14.34%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 51.04g (17.01%), Net Carbohydrates: 48.89g (17.78%), Sugar: 11.2g (12.45%), Cholesterol: 90.72mg (30.24%), Sodium: 172.64mg (7.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.25g (70.5%), Vitamin C: 78.52mg (95.18%), Vitamin B3: 18.57mg (92.85%), Selenium: 62.13µg (88.76%), Vitamin B6: 1.22mg (61.09%), Vitamin B1: 0.66mg (43.87%), Folate: 166.32µg (41.58%), Manganese: 0.8mg (39.75%), Phosphorus: 393.23mg (39.32%), Vitamin B5: 2.51mg (25.12%), Potassium: 845.32mg (24.15%), Iron: 4.06mg (22.54%), Magnesium: 66.33mg (16.58%), Vitamin A: 793.81IU (15.88%), Copper: 0.26mg (13.13%), Vitamin B2: 0.21mg (12.56%), Zinc: 1.86mg (12.43%), Fiber: 2.15g (8.6%), Vitamin

B12: 0.28µg (4.72%), Vitamin E: 0.62mg (4.16%), Calcium: 36.73mg (3.67%), Vitamin K: 2.34µg (2.23%)