



Chicken with Pineapple and Brown Rice

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

READY IN



95 min.

SERVINGS



4

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup brown rice uncooked
- 14.5 oz chicken broth ready-to-serve canned
- 8 oz dole pineapple tidbits unsweetened undrained canned
- 0.5 cup bell pepper green chopped
- 0.5 cup carrots chopped
- 0.3 cup cashew pieces chopped
- 0.5 teaspoon ginger
- 4 chicken breast halves boneless skinless

- 2 tablespoons teriyaki sauce

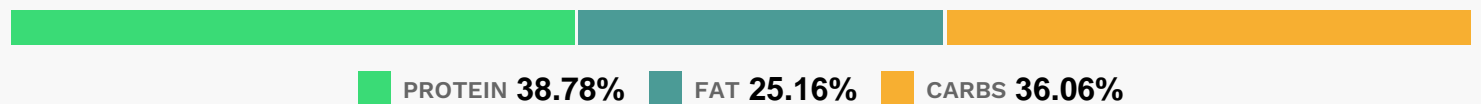
Equipment

- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 375°F. Spray 12x8-inch (2-quart) glass baking dish with nonstick cooking spray. In sprayed baking dish, combine rice and broth; mix well. Cover with foil.
- Bake at 375°F. for 45 minutes.
- Remove rice from oven; uncover.
- Add pineapple with liquid, bell pepper, carrot, cashews and ginger; mix well.
- Place chicken over rice mixture; press slightly into rice.
- Brush chicken with teriyaki baste and glaze.
- Return to oven; bake, uncovered, an additional 30 to 40 minutes or until chicken is fork-tender, its juices run clear, and rice is tender.

Nutrition Facts



Properties

Glycemic Index:38.95, Glycemic Load:21.42, Inflammation Score:-9, Nutrition Score:32.772174047387%

Flavonoids

Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 587.99kcal (29.4%), Fat: 16.2g (24.92%), Saturated Fat: 3.86g (24.1%), Carbohydrates: 52.21g (17.4%), Net Carbohydrates: 48.81g (17.75%), Sugar: 11.04g (12.27%), Cholesterol: 123.7mg (41.23%), Sodium: 986.18mg (42.88%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.16g (112.32%), Manganese: 1.97mg (98.72%), Vitamin B3: 16.91mg (84.54%), Selenium: 57.02µg (81.45%), Vitamin B6: 1.43mg (71.64%), Vitamin A: 2986.02IU (59.72%), Phosphorus: 594.98mg (59.5%), Magnesium: 158.26mg (39.56%), Zinc: 4.78mg (31.86%), Vitamin C: 22.66mg (27.46%), Potassium: 931.23mg (26.61%), Vitamin B1: 0.38mg (25.62%), Vitamin B5: 2.47mg (24.7%), Copper: 0.48mg (24.01%), Vitamin B12: 1.25µg (20.89%), Iron: 3.57mg (19.85%), Vitamin B2: 0.27mg (16.1%), Fiber: 3.4g (13.59%), Vitamin K: 9.23µg (8.79%), Folate: 26.58µg (6.64%), Calcium: 57.2mg (5.72%), Vitamin E: 0.8mg (5.35%), Vitamin D: 0.22µg (1.44%)