



Chicken with Pineapple and Brown Rice



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

☐ 2 tablespoons teriyaki sauce

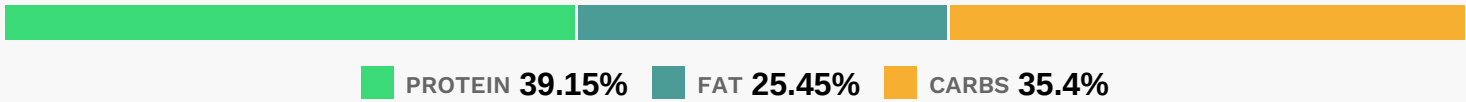
Equipment

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

Directions

- ☐ Heat oven to 375F. 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 375F. 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:50.45, Glycemic Load:24.73, Inflammation Score:-9, Nutrition Score:32.676956508471%

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: 584.02kcal (29.2%), Fat: 16.2g (24.92%), Saturated Fat: 3.86g (24.1%), Carbohydrates: 50.68g (16.89%), Net Carbohydrates: 47.91g (17.42%), Sugar: 8.61g (9.57%), Cholesterol: 123.7mg (41.23%), Sodium: 986.75mg

(42.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.07g (112.15%), Manganese: 2.26mg (113.01%), Vitamin B3: 16.86mg (84.3%), Selenium: 56.85µg (81.21%), Vitamin B6: 1.45mg (72.35%), Phosphorus: 595.55mg (59.56%), Vitamin A: 2960.51IU (59.21%), Magnesium: 156.56mg (39.14%), Zinc: 4.78mg (31.9%), Vitamin C: 23mg (27.88%), Potassium: 934.64mg (26.7%), Vitamin B5: 2.5mg (25.01%), Vitamin B1: 0.36mg (23.96%), Copper: 0.46mg (22.93%), Vitamin B12: 1.25µg (20.89%), Iron: 3.59mg (19.94%), Vitamin B2: 0.27mg (16.1%), Fiber: 2.77g (11.09%), Vitamin K: 9µg (8.57%), Folate: 33.95µg (8.49%), Calcium: 55.5mg (5.55%), Vitamin E: 0.8mg (5.35%), Vitamin D: 0.22µg (1.44%)