



Chicken with Rice and Gravy

READY IN



45 min.

SERVINGS



4

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground paprika
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 teaspoon salt
- ☐ 4 chicken breasts boneless skinless
- ☐ 0.8 cup water cold
- ☐ 2 cups rice long-grain white

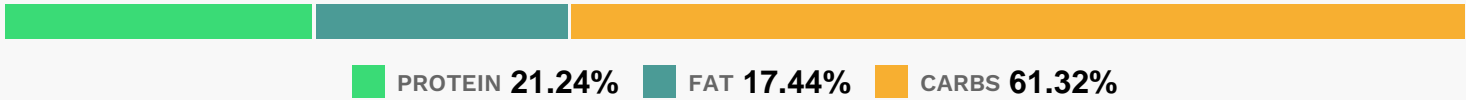
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place rice in a saucepan with 4 cups of water. Bring to a boil, then reduce heat to low, cover and simmer for 20 minutes or until rice is tender. Prepare chicken while the rice is cooking.
- ☐ In a medium bowl, stir together the flour, 1/2 teaspoon salt, pepper, paprika, and thyme. Use a finger to grind the thyme to a powder in the palm of your hand before adding. Coat the chicken breasts in the flour mixture. Reserve 2 tablespoons of the flour mixture for the gravy.
- ☐ Melt butter in a large skillet over medium heat.
- ☐ Place chicken in the skillet, and cook for about 10 minutes on each side, until the chicken is golden brown, and the juices run clear.
- ☐ Remove chicken from the pan, leaving the drippings and crusty bits in.
- ☐ Whisk together 3/4 cup water, 2 tablespoons of the flour mixture, and 1/4 teaspoon salt.
- ☐ Whisk into the skillet, scraping the browned bits from the bottom of the pan. Cook over medium heat, stirring constantly, until thick and bubbly.
- ☐ Add additional water 1 tablespoon at a time if the gravy is too thick.
- ☐ Serve chicken alongside rice topped with gravy.

Nutrition Facts



Properties

Glycemic Index:58.3, Glycemic Load:61.79, Inflammation Score:-6, Nutrition Score:22.167826035748%

Nutrients (% of daily need)

Calories: 656.32kcal (32.82%), Fat: 12.38g (19.05%), Saturated Fat: 6.26g (39.12%), Carbohydrates: 97.99g (32.66%), Net Carbohydrates: 95.85g (34.85%), Sugar: 0.22g (0.24%), Cholesterol: 94.89mg (31.63%), Sodium: 351.55mg (15.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.94g (67.88%), Selenium: 60.84µg (86.92%), Vitamin B3: 15.13mg (75.66%), Manganese: 1.26mg (62.98%), Vitamin B6: 1.02mg (50.78%), Phosphorus: 380.66mg (38.07%), Vitamin B5: 2.7mg (27.02%), Vitamin B1: 0.38mg (25.59%), Vitamin B2: 0.32mg (18.72%), Folate: 69.68µg (17.42%), Potassium: 565.48mg (16.16%), Iron: 2.73mg (15.15%), Magnesium: 60.61mg (15.15%), Copper: 0.29mg (14.47%), Zinc: 1.91mg (12.72%), Fiber: 2.14g (8.58%), Vitamin A: 360.92IU (7.22%), Calcium: 42.2mg (4.22%), Vitamin E: 0.62mg (4.14%), Vitamin B12: 0.24µg (4.06%), Vitamin K: 2.52µg (2.4%), Vitamin C: 1.39mg (1.68%)