



Chicken with Roasted Pears and Wild Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups apple juice
- ☐ 1.5 pounds bosc pears firm cored ripe cut lengthwise into 1/2-inch slices
- ☐ 1 cup cherries dried
- ☐ 1 cup green onions sliced
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 2.5 cups low-salt chicken broth
- ☐ 1 tablespoon olive oil
- ☐ 2.5 cups specialty rice blend wild uncooked such as Uncle Ben's

- ☐ 0.8 teaspoon salt
- ☐ 2 pounds skinned cut into bite-size pieces
- ☐ 1 tablespoon sugar

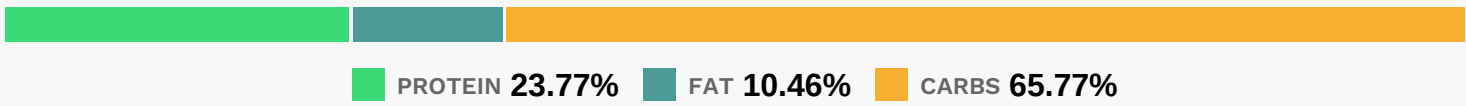
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Combine first 3 ingredients in a large saucepan, and bring to a boil. Cover, reduce heat, and simmer rice mixture for 20 minutes.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add chicken and onions; saut 8 minutes or until chicken is done. Preheat oven to 45
- ☐ Arrange pear slices in a single layer on baking sheets coated with cooking spray.
- ☐ Bake pear slices at 450 for 10 minutes or until tender.
- ☐ Combine rice mixture, chicken mixture, pears, cranberries, sugar, salt, and cinnamon in a large bowl. Toss gently.

Nutrition Facts



Properties

Glycemic Index:30.72, Glycemic Load:36.35, Inflammation Score:-5, Nutrition Score:20.202608844508%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin:

6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 508.59kcal (25.43%), Fat: 5.93g (9.12%), Saturated Fat: 1.17g (7.34%), Carbohydrates: 83.9g (27.97%), Net Carbohydrates: 79.13g (28.77%), Sugar: 28.71g (31.89%), Cholesterol: 72.57mg (24.19%), Sodium: 381.35mg (16.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.32g (60.63%), Vitamin B3: 14.11mg (70.54%), Selenium: 45.36µg (64.8%), Vitamin B6: 1mg (50.19%), Manganese: 0.84mg (41.89%), Phosphorus: 348.33mg (34.83%), Vitamin K: 32.17µg (30.63%), Vitamin B5: 2.32mg (23.25%), Potassium: 769.24mg (21.98%), Fiber: 4.77g (19.08%), Copper: 0.3mg (14.76%), Magnesium: 57.73mg (14.43%), Vitamin B2: 0.21mg (12.57%), Zinc: 1.53mg (10.2%), Vitamin B1: 0.15mg (9.89%), Vitamin C: 8.1mg (9.82%), Iron: 1.56mg (8.64%), Vitamin E: 1.03mg (6.88%), Folate: 23.13µg (5.78%), Calcium: 51.07mg (5.11%), Vitamin B12: 0.3µg (5.01%), Vitamin A: 181.23IU (3.62%)