



Chimichurri Chicken and Rice

 **Gluten Free**

READY IN



50 min.

SERVINGS



6

CALORIES



309 kcal

SAUCE

Ingredients

- 2 lb chicken breasts bone-in cut in half
- 14 oz chicken broth fat-free reduced-sodium canned
- 2 onions cut into wedges
- 2 Tbsp parmesan cheese grated kraft
- 1 cup rice long-grain white uncooked
- 6 servings our favorite chimichurri
- 6 servings our favorite chimichurri

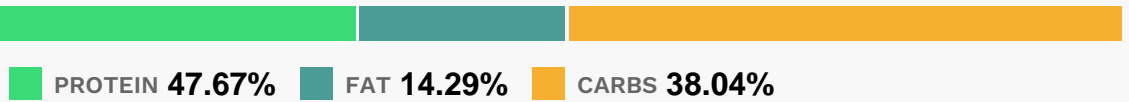
Equipment

- frying pan
- oven
- dutch oven

Directions

- Heat oven to 350F.
- Cook chicken and onions in Dutch oven or large deep skillet on medium heat 6 min. or until chicken is lightly browned, turning chicken after 3 min. and stirring onions occasionally.
- Remove from pan; cover to keep warm.
- Add rice to pan; cook and stir 30 sec.
- Add broth and half of Our Favorite Chimichurri; bring to boil.
- Add chicken and onions. (Do not stir.) Cover tightly.
- Bake 30 min. Top with remaining Our Favorite Chimichurri.
- Bake, covered, 5 min. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:14.7, Glycemic Load:15.59, Inflammation Score:-4, Nutrition Score:17.993912965059%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 309.24kcal (15.46%), Fat: 4.74g (7.29%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 28.38g (9.46%), Net Carbohydrates: 27.35g (9.95%), Sugar: 1.69g (1.88%), Cholesterol: 98.22mg (32.74%), Sodium: 478.11mg (20.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.55g (71.1%), Vitamin B3: 16.68mg (83.38%), Selenium: 55.26µg (78.94%), Vitamin B6: 1.24mg (61.88%), Phosphorus: 381.45mg (38.14%), Vitamin B5: 2.6mg (25.97%), Manganese: 0.41mg (20.71%), Potassium: 671.33mg (19.18%), Magnesium: 51.93mg (12.98%), Vitamin B2: 0.2mg (11.52%), Vitamin B1: 0.14mg (9.35%), Zinc: 1.36mg (9.07%), Vitamin B12: 0.46µg (7.62%), Copper: 0.14mg (6.81%),

Vitamin C: 4.53mg (5.49%), Iron: 0.98mg (5.46%), Calcium: 42.01mg (4.2%), Fiber: 1.02g (4.1%), Folate: 16.24µg (4.06%), Vitamin E: 0.34mg (2.25%), Vitamin A: 60.51IU (1.21%), Vitamin D: 0.16µg (1.06%)