



Cilantro Rice with Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cherry tomatoes halved
- ☐ 2 cups cilantro leaves loosely packed
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 0.5 inch ginger fresh peeled
- ☐ 1 teaspoon ginger fresh peeled chopped
- ☐ 1 garlic clove crushed
- ☐ 1 garlic clove peeled

- ☐ 0.3 cup green onion bottoms chopped
- ☐ 2 tablespoons green onion tops chopped
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon olive oil
- ☐ 2 cups rice long-grain uncooked
- ☐ 6 ounces shiitake mushroom caps quartered
- ☐ 1.8 pounds chicken thighs boneless skinless cut into bite-sized pieces

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ dutch oven

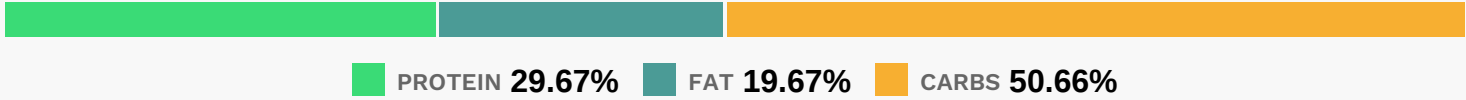
Directions

- ☐ Preheat oven to 350
- ☐ To prepare rice, heat 1 tablespoon oil in a Dutch oven over medium heat.
- ☐ Add mushrooms, green onion bottoms, ginger piece, and crushed garlic; cook 5 minutes, stirring frequently. Stir in rice, cumin, and chicken; cook 1 minute. Stir in broth; bring to a boil. Cover and bake at 350 for 25 minutes.
- ☐ Remove from oven; let stand, covered, for 10 minutes.
- ☐ To prepare sauce, place cilantro and next 5 ingredients (cilantro through peeled garlic clove) in a food processor or blender; process until smooth. Stir into rice mixture. Discard ginger piece.
- ☐ To prepare topping, heat 1 teaspoon oil in a medium skillet over medium-low heat.
- ☐ Add tomatoes; cook 2 minutes. Stir in 2 tablespoons green onion tops.

- ☐
- Place rice mixture in a large bowl; spoon tomato topping over rice.

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Nutrition Facts



Properties

Glycemic Index:35.52, Glycemic Load:22.72, Inflammation Score:-5, Nutrition Score:16.745217419189%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 330.63kcal (16.53%), Fat: 7.1g (10.92%), Saturated Fat: 1.43g (8.96%), Carbohydrates: 41.13g (13.71%), Net Carbohydrates: 39.42g (14.34%), Sugar: 1.81g (2.01%), Cholesterol: 94.26mg (31.42%), Sodium: 651.84mg (28.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.09g (48.19%), Selenium: 33.19µg (47.42%), Vitamin B3: 7.96mg (39.8%), Manganese: 0.67mg (33.68%), Vitamin B6: 0.64mg (32.22%), Phosphorus: 291.41mg (29.14%), Vitamin K: 27.34µg (26.03%), Vitamin B5: 2.18mg (21.78%), Vitamin B2: 0.29mg (16.84%), Zinc: 2.38mg (15.85%), Potassium: 520.38mg (14.87%), Vitamin B12: 0.83µg (13.89%), Vitamin C: 10.75mg (13.03%), Copper: 0.26mg (12.77%), Iron: 2.15mg (11.92%), Magnesium: 47.26mg (11.82%), Vitamin A: 528.41IU (10.57%), Vitamin B1: 0.16mg (10.35%), Fiber: 1.71g (6.83%), Vitamin E: 0.91mg (6.04%), Folate: 21.86µg (5.46%), Calcium: 42.62mg (4.26%)