



Cook the Book: Chicken and The Usual Suspects

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 servings bay leaves
- ☐ 6 servings olives black pitted to taste (the nice ones if you can)
- ☐ 6 servings strips. boneless cut into 1/2-inch pieces
- ☐ 1 can canned tomatoes drained
- ☐ 1 small jar capers drained
- ☐ 1 small jar marinated artichoke (use the liquid, too)
- ☐ 1 small can marinated mushrooms (use the liquid, too)

- ☐ 6 servings pearl onions to taste
- ☐ 1 inch rice
- ☐ 1 small jar roasted peppers red sliced
- ☐ 6 servings vegetable stock (with water) cut

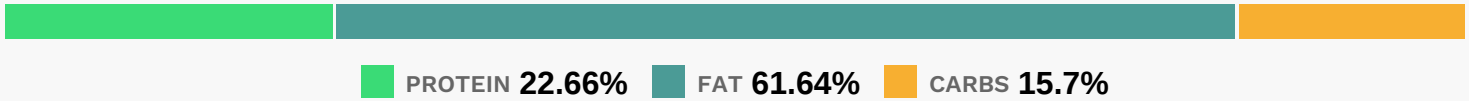
Equipment

- ☐ rice cooker

Directions

- ☐ Put all the ingredients in the rice cooker and cook until done.Note: Feel free to substitute fresh vegetables for canned/jarred if you like. Be sure to add Italian dressing (or similar) to add flavor if marinated artichokes/mushrooms are not used. Just be sure to season it somehow.

Nutrition Facts



Properties

Glycemic Index:28.53, Glycemic Load:2.98, Inflammation Score:-8, Nutrition Score:16.471739064092%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 358.23kcal (17.91%), Fat: 24.87g (38.26%), Saturated Fat: 5.84g (36.49%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 10.62g (3.86%), Sugar: 5.45g (6.05%), Cholesterol: 110.74mg (36.91%), Sodium: 2318.15mg (100.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.58g (41.15%), Vitamin C: 39.38mg (47.73%), Vitamin B3: 6.48mg (32.41%), Selenium: 22µg (31.44%), Vitamin B6: 0.63mg (31.27%), Vitamin A: 1485.59IU (29.71%), Phosphorus: 215.08mg (21.51%), Manganese: 0.36mg (18.13%), Iron: 3.06mg (16.98%), Potassium: 533.44mg (15.24%), Fiber: 3.63g (14.52%), Copper: 0.29mg (14.44%), Vitamin B5: 1.37mg (13.7%), Vitamin E: 1.86mg (12.38%), Vitamin B2: 0.21mg (12.36%), Vitamin B12: 0.72µg (12.05%), Zinc: 1.77mg (11.8%), Magnesium: 45.66mg (11.42%), Vitamin B1: 0.15mg (10.29%), Calcium: 84.56mg (8.46%), Folate: 24.92µg (6.23%), Vitamin K: 6.33µg (6.03%)