



Country French Chicken and Rice

 **Gluten Free**  **Dairy Free**

READY IN



205 min.

SERVINGS



8

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup sun-dried olives drained chopped
- 2 tablespoons herbs de provence
- 2 tablespoons olive oil
- 2 tablespoons juice of lemon
- 1 tablespoon garlic finely chopped
- 1 teaspoon salt
- 2 lb chicken thighs bone-in fat removed
- 1.5 cups mushrooms sliced

- 1 cup rice long-grain white uncooked
- 0.8 cup carrots shredded
- 2 cups water boiling
- 1 tablespoon parsley fresh italian chopped (flat-leaf)
- 2 teaspoons lemon zest grated

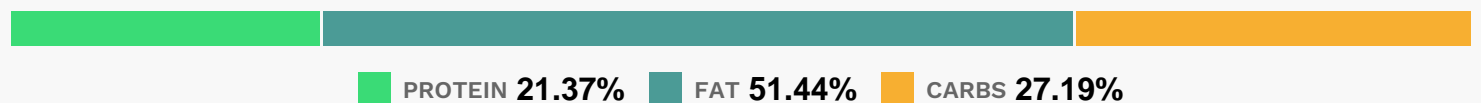
Equipment

- oven
- baking pan
- aluminum foil
- ziploc bags

Directions

- In heavy-duty 1-gallon resealable food-storage plastic bag, mix tomatoes, herbes de Provence, oil, lemon juice, garlic and 1/2 teaspoon of the salt.
- Add chicken thighs and mushrooms; seal bag. Turn to coat thighs and mushrooms in marinade. Refrigerate 2 to 24 hours.
- Heat oven to 375°F. Spray 13x9-inch (3-quart) baking dish with cooking spray.
- Place rice, carrot and remaining 1/2 teaspoon salt in baking dish; stir in boiling water.
- Place chicken thighs, mushrooms and marinade evenly over rice mixture.
- Cover with foil.
- Bake 50 to 60 minutes or until liquid is absorbed and juice of chicken is no longer pink when centers of thickest pieces are cut.
- Sprinkle with parsley and lemon peel.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:12.19, Inflammation Score:-8, Nutrition Score:14.964782647465%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 349.68kcal (17.48%), Fat: 19.95g (30.69%), Saturated Fat: 4.9g (30.62%), Carbohydrates: 23.72g (7.91%), Net Carbohydrates: 22.01g (8%), Sugar: 2.39g (2.66%), Cholesterol: 94.46mg (31.49%), Sodium: 383.01mg (16.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.64g (37.29%), Vitamin A: 2190.63IU (43.81%), Selenium: 23.59µg (33.7%), Vitamin K: 32.58µg (31.03%), Vitamin B3: 5.99mg (29.97%), Manganese: 0.45mg (22.67%), Vitamin B6: 0.44mg (21.81%), Phosphorus: 214.99mg (21.5%), Vitamin B5: 1.6mg (16.02%), Iron: 2.58mg (14.35%), Vitamin B2: 0.24mg (14.19%), Potassium: 457.41mg (13.07%), Copper: 0.23mg (11.73%), Zinc: 1.74mg (11.58%), Vitamin B12: 0.62µg (10.4%), Magnesium: 37.42mg (9.36%), Vitamin B1: 0.14mg (9.13%), Vitamin C: 6.01mg (7.28%), Fiber: 1.71g (6.84%), Vitamin E: 0.9mg (6%), Calcium: 46.75mg (4.68%), Folate: 16.76µg (4.19%)