



Creamy Chicken & Cranberry-Pecan Wild Rice

READY IN



35 min.

SERVINGS



6

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz philadelphia cream cheese cubed ()
- 0.5 cup cranberries dried
- 1 cup chicken broth fat-free reduced-sodium
- 2 Tbsp flour
- 6 green onions divided sliced
- 2 Tbsp oil
- 0.5 cup planters pecans toasted coarsely chopped
- 6 oz & rice side dish long-grain wild
- 1.5 lb chicken breasts boneless skinless

0.5 tsp thyme leaves and pepper dried black

Equipment

frying pan

whisk

Directions

Cook rice mix as directed on package. Meanwhile, mix flour, thyme and pepper; use to coat chicken.

Heat oil in large skillet on medium heat.

Add chicken; cook 5 to 6 min. on each side or until done (165F).

Stir cranberries, nuts and 1/3 cup onions into cooked rice; spoon onto platter.

Remove chicken from skillet, reserving drippings in skillet.

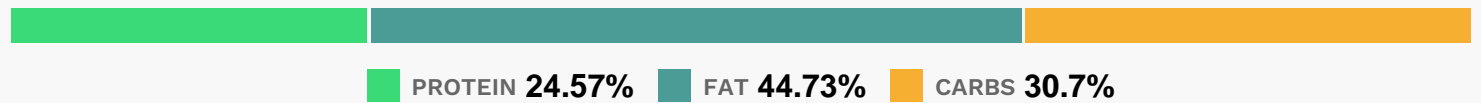
Place chicken over rice mixture; cover to keep warm.

Add broth to skillet; stir to scrape up browned bits from bottom of skillet.

Add cream cheese; cook on medium heat 2 to 3 min. or until cream cheese is melted and sauce is thickened, stirring constantly with whisk. Spoon half the sauce over chicken; sprinkle with remaining onions.

Serve remaining sauce on the side.

Nutrition Facts



Properties

Glycemic Index:41.7, Glycemic Load:15.67, Inflammation Score:-6, Nutrition Score:19.026087170062%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 475.87kcal (23.79%), Fat: 23.71g (36.47%), Saturated Fat: 7.29g (45.57%), Carbohydrates: 36.6g (12.2%), Net Carbohydrates: 34.51g (12.55%), Sugar: 9.1g (10.12%), Cholesterol: 101.21mg (33.74%), Sodium: 379.2mg (16.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.3g (58.6%), Selenium: 45.13µg (64.47%), Vitamin B3: 12.88mg (64.41%), Vitamin B6: 0.95mg (47.34%), Manganese: 0.77mg (38.41%), Phosphorus: 336.1mg (33.61%), Vitamin K: 30.08µg (28.65%), Vitamin B5: 2.22mg (22.24%), Potassium: 575.92mg (16.45%), Vitamin B2: 0.24mg (13.9%), Magnesium: 52.94mg (13.24%), Vitamin B1: 0.18mg (12.24%), Vitamin E: 1.7mg (11.35%), Copper: 0.22mg (11.23%), Vitamin A: 542.18IU (10.84%), Zinc: 1.57mg (10.44%), Fiber: 2.08g (8.34%), Iron: 1.28mg (7.13%), Vitamin B12: 0.36µg (6.08%), Folate: 23.83µg (5.96%), Calcium: 58.59mg (5.86%), Vitamin C: 3.83mg (4.65%)