



Creole Chicken and Rice

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



879 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.5 cups celery chopped
- 1 teaspoon mustard dry
- 1 teaspoon garlic minced
- 0.3 cup green onions sliced
- 1.5 cups bell pepper green divided chopped
- 0.3 teaspoon ground pepper red
- 0.3 teaspoon ground pepper white

- 0.3 teaspoon hot sauce
- 3 cups no-salt-added chicken broth undiluted canned
- 1 tablespoon butter reduced-calorie
- 3 cups no-salt-added stewed tomato canned
- 1.5 cups onion chopped
- 1 teaspoon oregano dried whole
- 2 cups converted rice uncooked
- 0.5 teaspoon salt
- 20 ounce skinned cut into 1/2-inch pieces
- 0.5 teaspoon thyme leaves dried whole

Equipment

- dutch oven

Directions

- Coat a large Dutch oven with cooking spray; add margarine.
- Place over medium-high heat until margarine melts.
- Add onion, celery, 3/4 cup green pepper, and garlic; saute until tender.
- Stir in dry mustard and next 7 ingredients; cook 2 minutes, stirring occasionally. Stir in tomato; cook over medium heat 10 minutes, stirring occasionally.
- Add broth; bring to a boil.
- Add remaining 3/4 cup green pepper, chicken, rice, and green onions; stir well. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until rice is tender.

Nutrition Facts

 PROTEIN **18.55%**  FAT **53.07%**  CARBS **28.38%**

Properties

Glycemic Index:32.65, Glycemic Load:23.14, Inflammation Score:-9, Nutrition Score:33.4808695718%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg

Nutrients (% of daily need)

Calories: 879.37kcal (43.97%), Fat: 54.05g (83.15%), Saturated Fat: 10.95g (68.46%), Carbohydrates: 65.05g (21.68%), Net Carbohydrates: 58.02g (21.1%), Sugar: 12.64g (14.04%), Cholesterol: 45.36mg (15.12%), Sodium: 310.59mg (13.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.5g (85.01%), Vitamin B3: 22.3mg (111.5%), Manganese: 2.07mg (103.58%), Vitamin E: 9.3mg (62.03%), Vitamin B6: 1.17mg (58.37%), Phosphorus: 576.62mg (57.66%), Magnesium: 204.07mg (51.02%), Selenium: 34.47µg (49.25%), Vitamin C: 27.04mg (32.77%), Potassium: 1092.04mg (31.2%), Copper: 0.62mg (31.02%), Fiber: 7.03g (28.1%), Folate: 109.31µg (27.33%), Vitamin B5: 2.63mg (26.27%), Zinc: 3.59mg (23.93%), Vitamin B2: 0.34mg (19.95%), Vitamin B1: 0.26mg (17.49%), Vitamin K: 17.48µg (16.65%), Iron: 2.96mg (16.47%), Calcium: 94.64mg (9.46%), Vitamin A: 337.31IU (6.75%), Vitamin B12: 0.23µg (3.87%)