



Curried Chicken and Brown Rice Casserole

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

READY IN



75 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounce canned tomatoes canned
- 1 cube chicken bouillon
- 3 teaspoons curry powder
- 2 cloves garlic minced
- 0.5 teaspoon ground cinnamon
- 1 tablespoon juice of lemon
- 0.8 cup quick-cooking brown rice
- 0.5 cup raisins

- 0.3 teaspoon salt
- 0.8 pound chicken breast halves boneless skinless cut into 1 inch pieces
- 1 cup water

Equipment

- frying pan
- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a skillet, stir together water, stewed tomatoes, brown rice, raisins, lemon juice, curry powder, bouillon, ground cinnamon, salt, garlic, and bay leaf. Bring to a boil; then stir in chicken.
- Transfer mixture to a casserole dish.
- Cover, and bake in the preheated oven 45 minutes, stirring occasionally, until rice is tender and chicken juices run clear.

Nutrition Facts



Properties

Glycemic Index:34.2, Glycemic Load:8.96, Inflammation Score:-5, Nutrition Score:15.75695640367%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 238.59kcal (11.93%), Fat: 2.84g (4.37%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 33.46g (11.15%), Net Carbohydrates: 30.17g (10.97%), Sugar: 2.66g (2.96%), Cholesterol: 54.43mg (18.14%), Sodium: 330.59mg (14.37%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.01g (42.03%), Vitamin B3: 10.96mg (54.82%), Selenium: 34.15µg (48.78%), Vitamin B6: 0.81mg (40.69%), Phosphorus: 237.36mg (23.74%), Manganese: 0.46mg (22.88%), Potassium: 668.84mg (19.11%), Vitamin B1: 0.27mg (18.29%), Iron: 3.03mg (16.84%), Folate: 58.78µg (14.7%), Vitamin B5: 1.46mg (14.62%), Fiber: 3.29g (13.16%), Copper: 0.24mg (11.89%), Magnesium: 46.31mg (11.58%), Vitamin C: 9.32mg (11.29%), Vitamin B2: 0.16mg (9.33%), Vitamin E: 1.22mg (8.13%), Zinc: 1mg (6.67%), Calcium: 46.65mg (4.66%), Vitamin K: 4.79µg (4.56%), Vitamin A: 163.3IU (3.27%), Vitamin B12: 0.17µg (2.83%)