



Curried Chicken and Rice Casserole



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



435 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 13.5 oz lite coconut milk light canned (not ; not cream of coconut)
- ☐ 1.5 cups chicken broth (from 32-oz carton)
- ☐ 1 teaspoon curry paste red
- ☐ 1 cup rice long-grain white uncooked
- ☐ 2 cups broccoli florets fresh
- ☐ 1 cup bell pepper green chopped
- ☐ 1 cup bell pepper red chopped
- ☐ 1 cup onion red chopped

- ☐ 1 teaspoon salt
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon basil dried
- ☐ 4 chicken breast boneless skinless

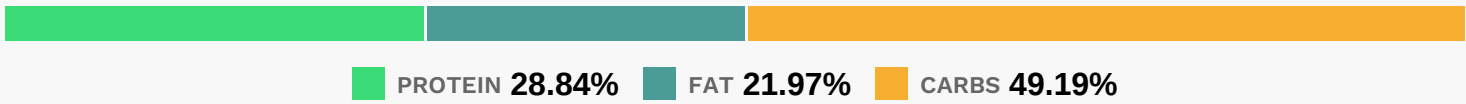
Equipment

- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In ungreased 13x9-inch (3-quart) glass baking dish, mix coconut milk, broth and curry paste. (Taste to see if you want to add more curry paste for a hotter dish.)
- ☐ Add rice; mix well.
- ☐ Add remaining ingredients except chicken; stir to combine.
- ☐ Place chicken on rice mixture; turn to coat.
- ☐ Bake uncovered 1 hour or until rice is tender and juice of chicken is clear when center of thickest part is cut (at least 165°F).

Nutrition Facts



Properties

Glycemic Index:48.55, Glycemic Load:24.31, Inflammation Score:-9, Nutrition Score:28.252173796944%

Flavonoids

Luteolin: 2.35mg, Luteolin: 2.35mg, Luteolin: 2.35mg, Luteolin: 2.35mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 3.86mg, Kaempferol: 3.86mg, Kaempferol: 3.86mg, Kaempferol: 3.86mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.51mg, Quercetin: 10.51mg, Quercetin: 10.51mg, Quercetin: 10.51mg

Nutrients (% of daily need)

Calories: 434.53kcal (21.73%), Fat: 10.29g (15.83%), Saturated Fat: 7.27g (45.44%), Carbohydrates: 51.83g (17.28%), Net Carbohydrates: 47.69g (17.34%), Sugar: 5.46g (6.07%), Cholesterol: 74.08mg (24.69%), Sodium: 1140.97mg

(49.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.39g (60.78%), Vitamin C: 122.64mg (148.65%), Vitamin B3: 13.62mg (68.09%), Selenium: 44.9µg (64.15%), Vitamin B6: 1.25mg (62.32%), Vitamin K: 56.53µg (53.84%), Manganese: 0.88mg (44.24%), Vitamin A: 1825.52IU (36.51%), Phosphorus: 354.25mg (35.43%), Vitamin B5: 2.56mg (25.61%), Potassium: 846.46mg (24.18%), Vitamin B2: 0.3mg (17.51%), Fiber: 4.15g (16.59%), Magnesium: 66.22mg (16.56%), Folate: 66.21µg (16.55%), Vitamin B1: 0.22mg (14.4%), Copper: 0.23mg (11.33%), Zinc: 1.64mg (10.95%), Iron: 1.86mg (10.35%), Vitamin E: 1.42mg (9.48%), Calcium: 68.97mg (6.9%), Vitamin B12: 0.24µg (4.06%)