



Curry Chicken and Rice Dinner

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chicken soup base
- ☐ 4 chicken breasts split
- ☐ 14.5 ounce chicken broth canned
- ☐ 1 tablespoon curry powder divided
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cups quick-cooking rice uncooked
- ☐ 0.5 cup raisins
- ☐ 7.2 ounce roasted bell peppers red drained sliced

- ☐ 1 large size oven bag (large size -- 14- x 20-inch)
- ☐ 1 large onion yellow chopped

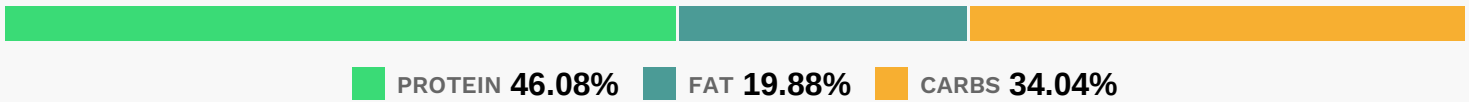
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Place oven bag in a 13- x 9-inch baking dish.
- ☐ Add flour to oven bag; twist end of bag, and shake.
- ☐ Add 2 teaspoons curry powder, rice, and next 5 ingredients to oven bag; squeeze bag to blend ingredients.
- ☐ Sprinkle chicken with remaining 1 teaspoon curry powder; arrange in an even layer on top of rice mixture.
- ☐ Close oven bag with nylon tie; cut 6 (1/2-inch) slits in top of bag.
- ☐ Bake at 350 for 45 to 50 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:6.31, Inflammation Score:-7, Nutrition Score:26.317826053371%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 468.02kcal (23.4%), Fat: 10.11g (15.55%), Saturated Fat: 2.52g (15.77%), Carbohydrates: 38.95g (12.98%), Net Carbohydrates: 36.39g (13.23%), Sugar: 1.16g (1.29%), Cholesterol: 130.73mg (43.58%), Sodium: 1058.1mg (46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.72g (105.45%), Selenium: 72.47µg (103.53%), Vitamin

B3: 19.83mg (99.17%), Vitamin B6: 1.42mg (70.96%), Phosphorus: 483.56mg (48.36%), Vitamin B1: 0.41mg (27.21%), Folate: 100.72µg (25.18%), Potassium: 873.68mg (24.96%), Vitamin C: 20.25mg (24.54%), Manganese: 0.48mg (23.79%), Iron: 4.25mg (23.61%), Vitamin B5: 2.33mg (23.27%), Zinc: 3.17mg (21.14%), Magnesium: 69.07mg (17.27%), Vitamin B12: 0.99µg (16.46%), Vitamin B2: 0.28mg (16.27%), Copper: 0.23mg (11.3%), Fiber: 2.57g (10.26%), Vitamin A: 353.73IU (7.07%), Calcium: 52.1mg (5.21%), Vitamin E: 0.74mg (4.96%), Vitamin K: 3.01µg (2.86%), Vitamin D: 0.22µg (1.46%)