



Dinner Tonight: Lemon Chicken with Rice

READY IN



45 min.

SERVINGS



4

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 pinch ground pepper
- ☐ 4 chicken breast
- ☐ 4 cups chicken broth
- ☐ 4 tablespoons flour
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 cup milk
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 cup rice

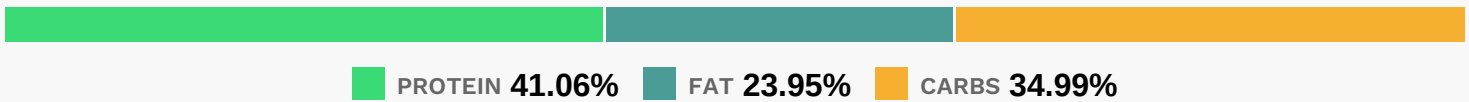
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Rinse the rice and combine with 2 cups of the chicken stock in a medium pot. Bring to a boil then simmer until the liquid is absorbed and the rice is tender, adding water if necessary.
- ☐ Add peas, if using, towards the end of cooking.
- ☐ In the meantime, melt the butter in a saucepan over medium-low heat until the foam subsides.
- ☐ Add the flour and whisk into the butter, breaking up any clumps.
- ☐ Add the chicken stock, whisking. Bring to a boil, then simmer about 10 minutes.
- ☐ Add the milk, nutmeg, cayenne, 2 tablespoons of the lemon juice, and salt to taste. Bring to a boil and simmer an additional 5 minutes.
- ☐ Season the chicken breasts with salt and pepper and saute over medium heat until cooked through (alternatively, they can gently poach until cooked).
- ☐ Add the final tablespoon of lemon juice to the rice and taste for seasoning. Slice the chicken and serve on the rice smothered in the sauce.

Nutrition Facts



Properties

Glycemic Index:81.55, Glycemic Load:27.51, Inflammation Score:-6, Nutrition Score:27.343478415323%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 557.85kcal (27.89%), Fat: 14.43g (22.2%), Saturated Fat: 6.18g (38.61%), Carbohydrates: 47.44g (15.81%), Net Carbohydrates: 46.57g (16.93%), Sugar: 4.35g (4.83%), Cholesterol: 171.71mg (57.24%), Sodium: 1204.8mg (52.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.67g (111.33%), Vitamin B3: 25.35mg (126.75%), Selenium: 84.03µg (120.04%), Vitamin B6: 1.82mg (90.76%), Phosphorus: 609.82mg (60.98%), Vitamin B5: 3.99mg (39.93%), Manganese: 0.7mg (35.21%), Vitamin B2: 0.51mg (30.17%), Potassium: 1045.42mg (29.87%), Vitamin B1: 0.32mg (21.53%), Magnesium: 82.72mg (20.68%), Zinc: 2.3mg (15.32%), Vitamin B12: 0.84µg (14.01%), Calcium: 112.43mg (11.24%), Copper: 0.21mg (10.63%), Iron: 1.73mg (9.64%), Vitamin C: 7.09mg (8.59%), Folate: 29.05µg (7.26%), Vitamin A: 357.45IU (7.15%), Vitamin D: 0.9µg (5.98%), Vitamin E: 0.8mg (5.31%), Fiber: 0.87g (3.48%), Vitamin K: 1.21µg (1.16%)