



Down Home, Southern-Style Chicken & Rice Dinner

 Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



25

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 25 servings pepper black
- 10 oz collard greens frozen dry thawed
- 2 cups brown rice instant uncooked
- 1 slice oscar mayer lower sodium bacon
- 10 oz reduced sodium chicken broth canned
- 1 lb chicken breasts boneless skinless
- 1.3 cups soup can water canned

Equipment

frying pan

Directions

- Cook bacon in large nonstick skillet until crisp.
- Drain bacon, reserving drippings in skillet. Crumble bacon; set aside.
- Add chicken to skillet. Season well with pepper; cover. Cook 4 min. on each side or until cooked through.
- Remove chicken from skillet.
- Add broth, water and greens to skillet; stir. Bring to boil.
- Stir in rice. Top with chicken; cover. Cook on medium-low heat 5 min.
- Remove from heat.
- Let stand 5 to 7 min. or until liquid is absorbed. Stir.
- Sprinkle with reserved crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:1.28, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:6.5291304248183%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 52.54kcal (2.63%), Fat: 0.68g (1.04%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 5.87g (2.13%), Sugar: 0.07g (0.08%), Cholesterol: 11.61mg (3.87%), Sodium: 29.16mg (1.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.95%), Vitamin K: 49.76µg (47.39%), Vitamin B3: 2.62mg (13.08%), Selenium: 8.52µg (12.17%), Vitamin A: 575.14IU (11.5%), Folate: 34.31µg (8.58%), Vitamin B6: 0.16mg (8.22%), Manganese: 0.16mg (7.9%), Vitamin B1: 0.08mg (5.44%), Phosphorus: 52.68mg (5.27%), Vitamin C: 4.22mg

(5.12%), Iron: 0.59mg (3.27%), Vitamin B5: 0.32mg (3.2%), Calcium: 30.02mg (3%), Potassium: 104.37mg (2.98%),
Fiber: 0.61g (2.44%), Magnesium: 9.18mg (2.3%), Vitamin B2: 0.04mg (2.26%), Vitamin E: 0.29mg (1.96%), Zinc:
0.24mg (1.61%), Copper: 0.03mg (1.57%)