



Dutch Oven Chicken and Rice



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



5

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes pasta-style undrained canned
- ☐ 2.5 pounds chicken pieces assorted
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper green seeded cut into thin strips
- ☐ 0.5 teaspoon ground pepper
- ☐ 16 ounce no-salt-added chicken broth canned
- ☐ 1 teaspoon paprika
- ☐ 1.5 cups peas frozen english

- ☐ 1.5 cups rice long-grain uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons vegetable oil

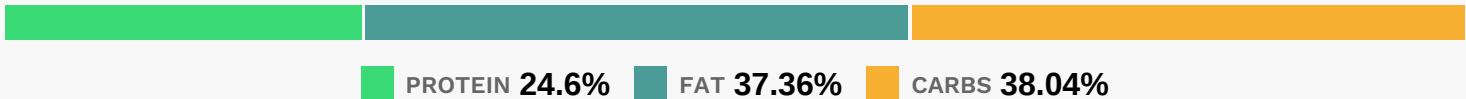
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Sprinkle chicken with paprika, pepper, and salt. Coat an oven-proof Dutch oven with cooking spray.
- ☐ Add oil, and place over medium-high heat until hot.
- ☐ Add chicken to Dutch oven; cook on all sides until browned.
- ☐ Remove chicken from Dutch oven, and set aside.
- ☐ Add rice and garlic to Dutch oven. Cook over medium-high heat, stirring constantly, 1 minute.
- ☐ Add broth, tomatoes, and green pepper. Bring mixture to a boil over high heat, stirring once. Return chicken to Dutch oven.
- ☐ Cover and bake at 350 for 40 minutes. Stir in peas; cover and let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:46.1, Glycemic Load:30.29, Inflammation Score:-8, Nutrition Score:26.217391366544%

Flavonoids

Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 630.32kcal (31.52%), Fat: 26g (39.99%), Saturated Fat: 7.21g (45.03%), Carbohydrates: 59.56g (19.85%), Net Carbohydrates: 54.18g (19.7%), Sugar: 6.89g (7.66%), Cholesterol: 115.67mg (38.56%), Sodium: 366.15mg

(15.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.52g (77.04%), Vitamin B3: 14.7mg (73.49%), Vitamin C: 46.94mg (56.9%), Manganese: 1.04mg (52.16%), Selenium: 32.07µg (45.81%), Vitamin B6: 0.91mg (45.7%), Phosphorus: 399.2mg (39.92%), Copper: 0.49mg (24.72%), Potassium: 838.61mg (23.96%), Zinc: 3.54mg (23.61%), Vitamin B5: 2.28mg (22.84%), Iron: 3.94mg (21.87%), Vitamin B1: 0.33mg (21.75%), Fiber: 5.38g (21.53%), Vitamin K: 22.43µg (21.36%), Vitamin B2: 0.35mg (20.76%), Vitamin A: 1011.72IU (20.23%), Magnesium: 80.16mg (20.04%), Folate: 55.3µg (13.83%), Vitamin E: 1.93mg (12.84%), Vitamin B12: 0.57µg (9.48%), Calcium: 81.39mg (8.14%), Vitamin D: 0.31µg (2.06%)