



Easy Chicken and Rice



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1.5 cups onion white finely chopped
- ☐ 2 cups zucchini sliced
- ☐ 2 cups baby squash yellow sliced
- ☐ 2 tablespoons garlic minced
- ☐ 3 cups meat from a rotisserie chicken shredded cooked
- ☐ 15 ounce black beans drained canned ()
- ☐ 6 cups rice medley prepared

- ☐ 2 tablespoons ground cumin
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup parsley chopped

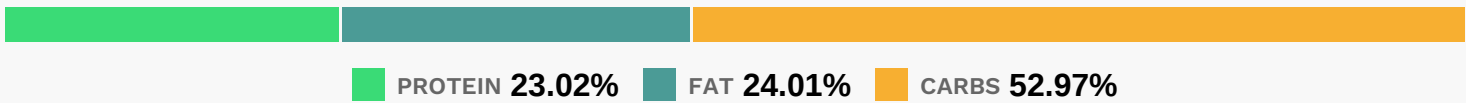
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil into a large skillet over medium heat.
- ☐ Saute zucchini, squash, and onions until softened, about 5 minutes. Stir in garlic and cook for 1 minute.
- ☐ Add chicken, beans, rice, cumin, salt, pepper and parsley stirring to combine. Cook for 5 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:37.04, Inflammation Score:-7, Nutrition Score:18.73565207357%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 368.41kcal (18.42%), Fat: 9.77g (15.03%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 48.5g (16.17%), Net Carbohydrates: 42.89g (15.6%), Sugar: 2.81g (3.13%), Cholesterol: 39.38mg (13.13%), Sodium: 544.68mg (23.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.08g (42.16%), Vitamin K: 67.18µg (63.98%), Manganese: 0.93mg (46.66%), Selenium: 23.13µg (33.05%), Vitamin B3: 5.39mg (26.93%), Vitamin B6: 0.54mg (26.88%), Phosphorus: 253.2mg (25.32%), Vitamin C: 19.73mg (23.92%), Fiber: 5.61g (22.45%), Iron: 3.46mg (19.21%), Potassium: 580.7mg (16.59%), Folate: 65.86µg (16.46%), Magnesium: 65.21mg (16.3%), Vitamin B2: 0.24mg

(14.39%), Copper: 0.28mg (14.1%), Zinc: 2.03mg (13.56%), Vitamin B1: 0.19mg (12.58%), Vitamin B5: 1.24mg (12.42%),
Vitamin A: 478.22IU (9.56%), Calcium: 76.12mg (7.61%), Vitamin E: 0.96mg (6.41%), Vitamin B12: 0.15µg (2.54%)