



Farmers' Market Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 cup carrots diced
- 4 cups rice long-grain hot cooked
- 2 tablespoons vermouth dry
- 2 teaspoons rosemary fresh chopped
- 1 garlic clove minced
- 2 tablespoons italian-seasoned breadcrumbs
- 10.5 ounce low-salt chicken broth canned

- 1 tablespoon olive oil
- 1 cup onion diced red
- 0.3 teaspoon salt
- 16 ounce skinned
- 3 tablespoons tomato paste
- 1 cup baby squash diced yellow
- 1 cup zucchini diced

Equipment

- bowl
- frying pan
- whisk

Directions

- Combine the first 5 ingredients in a medium bowl; stir well with a whisk.
- Place the breadcrumbs in a shallow dish; dredge the chicken in breadcrumbs.
- Heat olive oil in a large nonstick skillet over medium-high heat; add the chicken, and saut 6 minutes on each side.
- Remove chicken from pan.
- Add the carrot, onion, squash, zucchini, and vermouth to pan, and saut 5 minutes, stirring occasionally. Return chicken to pan, and add the broth mixture. Bring mixture to a boil; cover, reduce heat, and simmer mixture 15 minutes.
- Serve chicken and vegetable mixture over the rice, and sprinkle with chopped rosemary.

Nutrition Facts



Properties

Glycemic Index:84.21, Glycemic Load:50.85, Inflammation Score:-10, Nutrition Score:27.463043409845%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 452.92kcal (22.65%), Fat: 7.93g (12.21%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 60.43g (20.14%), Net Carbohydrates: 56.81g (20.66%), Sugar: 6.54g (7.27%), Cholesterol: 72.62mg (24.21%), Sodium: 489.35mg (21.28%), Alcohol: 0.71g (100%), Alcohol %: 0.18% (100%), Protein: 32.56g (65.12%), Vitamin A: 5694.1IU (113.88%), Vitamin B3: 14.8mg (74.01%), Selenium: 50.47µg (72.1%), Vitamin B6: 1.25mg (62.62%), Manganese: 1.08mg (53.96%), Phosphorus: 393.9mg (39.39%), Potassium: 992.89mg (28.37%), Vitamin B5: 2.53mg (25.31%), Vitamin C: 19.57mg (23.72%), Magnesium: 75.2mg (18.8%), Vitamin B2: 0.3mg (17.36%), Vitamin B1: 0.23mg (15.21%), Copper: 0.3mg (14.93%), Fiber: 3.62g (14.48%), Zinc: 1.99mg (13.27%), Vitamin K: 12.78µg (12.17%), Folate: 46.08µg (11.52%), Iron: 1.94mg (10.77%), Vitamin E: 1.6mg (10.69%), Calcium: 69.02mg (6.9%), Vitamin B12: 0.32µg (5.31%)