



## Farmhouse Chicken Dinner

READY IN



50 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups baby carrots
- 1 cup brown rice uncooked
- 1.5 lb chicken breasts bone-in skinless
- 14 oz chicken broth fat-free divided reduced-sodium canned
- 0.3 cup flour
- 2 Tbsp parsley fresh chopped
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 4 oz philadelphia neufchatel cheese cubed ()
- 1 onion cut into wedges

0.5 tsp pepper

## Equipment

frying pan

slotted spoon

## Directions

Mix flour and pepper in shallow dish.

Add chicken; turn to coat both sides of each piece. Gently shake off excess flour.

Heat dressing in large nonstick skillet on medium heat.

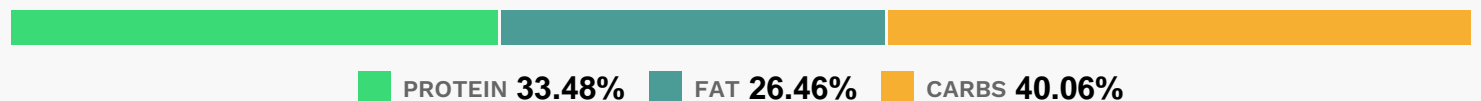
Add chicken, meat-sides down; cook 5 to 6 min. or until golden brown. Turn chicken.

Add carrots, onions and 1 cup broth; cover. Simmer on medium-low heat 20 min. or until chicken is done (165F). Meanwhile, cook rice as directed on package.

Spoon rice onto platter. Use slotted spoon to remove chicken and vegetables from skillet; place over rice. Cover to keep warm.

Add Neufchatel and remaining broth to liquid remaining in skillet; cook on medium-high heat 5 min. or until Neufchatel is melted and sauce is well blended, stirring constantly. Simmer on medium-low heat 3 to 5 min. or until slightly thickened, stirring occasionally. Spoon over chicken and vegetables; top with parsley.

## Nutrition Facts



## Properties

Glycemic Index:62.94, Glycemic Load:25.51, Inflammation Score:-10, Nutrition Score:36.274347797684%

## Flavonoids

Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

## Nutrients (% of daily need)

Calories: 539.95kcal (27%), Fat: 15.61g (24.02%), Saturated Fat: 5.32g (33.27%), Carbohydrates: 53.2g (17.73%), Net Carbohydrates: 48.92g (17.79%), Sugar: 6.89g (7.66%), Cholesterol: 129.84mg (43.28%), Sodium: 897.86mg (39.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.47g (88.93%), Vitamin A: 9282.31IU (185.65%), Vitamin B3: 21.3mg (106.48%), Manganese: 2.04mg (102.12%), Selenium: 61.13µg (87.33%), Vitamin B6: 1.66mg (82.84%), Phosphorus: 570.67mg (57.07%), Vitamin K: 46.77µg (44.54%), Vitamin B5: 3.75mg (37.51%), Magnesium: 128.96mg (32.24%), Potassium: 1055.89mg (30.17%), Vitamin B1: 0.42mg (27.75%), Vitamin B2: 0.33mg (19.22%), Fiber: 4.28g (17.1%), Zinc: 2.44mg (16.28%), Iron: 2.83mg (15.72%), Folate: 61µg (15.25%), Copper: 0.3mg (14.95%), Vitamin B12: 0.62µg (10.39%), Vitamin C: 8.33mg (10.09%), Calcium: 94.93mg (9.49%), Vitamin E: 0.79mg (5.24%), Vitamin D: 0.17µg (1.13%)