



Farmhouse Chicken Dinner

READY IN



50 min.

SERVINGS



4

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baby carrots
- 4 small chicken breast halves bone-in skinless
- 14.5 ounce chicken broth fat-free divided reduced-sodium canned
- 0.3 cup flour
- 2 tablespoons parsley fresh chopped
- 2 cups brown rice instant uncooked
- 0.3 cup 1/4 cup kraft light zesty italian dressing light italian kraft
- 8 ounce philadelphia neufchatel cheese cubed
- 1 onion cut into wedges

0.5 teaspoon 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.

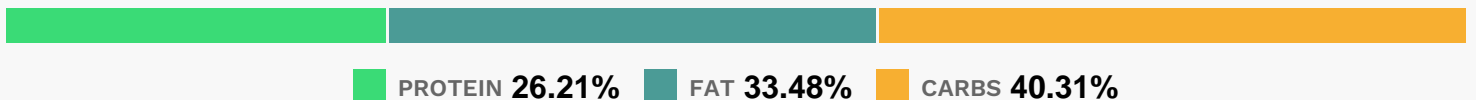
Add chicken, meat-sides down; cook 5 to 6 min. or until golden brown. Turn chicken.

Add carrots, onions and 1 cup broth; cover. Simmer on medium-low 20 min. or until chicken is done (165 degrees F).

Meanwhile, cook rice as directed on package; spoon onto serving platter. Use slotted spoon to remove chicken and vegetables from skillet; place over rice. Cover to keep warm.

Add Neufchatel and remaining broth to skillet; cook on high heat 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:48.25, Glycemic Load:5.48, Inflammation Score:-10, Nutrition Score:30.683043956757%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg 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: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 538.21kcal (26.91%), Fat: 19.73g (30.36%), Saturated Fat: 8.44g (52.72%), Carbohydrates: 53.44g (17.81%), Net Carbohydrates: 49.96g (18.17%), Sugar: 7.82g (8.69%), Cholesterol: 114.28mg (38.09%), Sodium: 943.27mg (41.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.76g (69.52%), Vitamin A: 9512.02IU (190.24%), Selenium: 59.79µg (85.41%), Vitamin B3: 16.39mg (81.94%), Vitamin B6: 1.05mg (52.6%), Vitamin K: 48.82µg (46.49%), Folate: 171.62µg (42.9%), Phosphorus: 415.68mg (41.57%), Vitamin B1: 0.59mg (39.22%), Manganese: 0.68mg (34.15%), Vitamin B5: 2.58mg (25.82%), Iron: 4.52mg (25.12%), Potassium: 773.65mg (22.1%), Vitamin B2: 0.31mg (18%), Fiber: 3.48g (13.92%), Magnesium: 55.13mg (13.78%), Zinc: 2mg (13.34%), Calcium: 119.31mg (11.93%), Copper: 0.24mg (11.83%), Vitamin B12: 0.6µg (10.03%), Vitamin C: 7.77mg (9.42%), Vitamin E: 0.81mg (5.39%)