



Fiery Chicken and Rice Stew



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 4 garlic cloves minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon penzey's southwest seasoning dried italian

- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped
- ☐ 5 ounce rice mix yellow (such as Vigo)
- ☐ 0.3 teaspoon salt
- ☐ 1 pound chicken thighs boneless skinless cut into bite-sized pieces

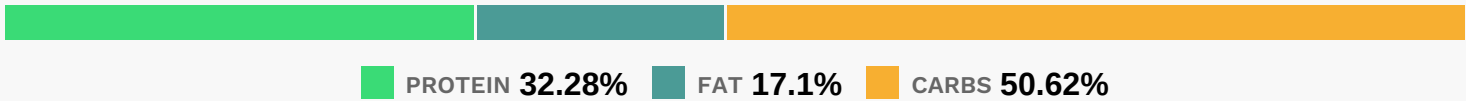
Equipment

- ☐ dutch oven

Directions

- ☐ Prepare rice according to package directions, omitting salt and fat.
- ☐ Sprinkle chicken evenly with salt and black pepper.
- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add chicken; cook 5 minutes or until browned, turning occasionally.
- ☐ Add onion, green bell pepper, and garlic; cook 5 minutes.
- ☐ Add broth and remaining 4 ingredients; bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:71.3, Glycemic Load:20.71, Inflammation Score:-6, Nutrition Score:20.273913155431%

Flavonoids

Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg

Nutrients (% of daily need)

Calories: 338.35kcal (16.92%), Fat: 6.42g (9.87%), Saturated Fat: 1.46g (9.1%), Carbohydrates: 42.75g (14.25%), Net Carbohydrates: 38.97g (14.17%), Sugar: 7.46g (8.28%), Cholesterol: 107.73mg (35.91%), Sodium: 619.62mg (26.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.26g (54.51%), Selenium: 33.52µg (47.88%), Vitamin B3: 8.67mg (43.33%), Vitamin B6: 0.86mg (43.04%), Manganese: 0.79mg (39.37%), Vitamin C: 28.43mg (34.46%), Phosphorus: 314.11mg (31.41%), Vitamin B5: 2.17mg (21.68%), Potassium: 756.39mg (21.61%), Copper: 0.39mg (19.26%), Vitamin B2: 0.31mg (18.06%), Iron: 3.06mg (16.99%), Zinc: 2.55mg (16.99%), Vitamin B1: 0.24mg (16.3%), Magnesium: 65.13mg (16.28%), Fiber: 3.78g (15.13%), Vitamin B12: 0.84µg (13.99%), Vitamin K: 14.58µg (13.89%), Vitamin E: 1.88mg (12.55%), Calcium: 84.29mg (8.43%), Folate: 32.21µg (8.05%), Vitamin A: 380.03IU (7.6%)