



Fruity Chicken Rice Pilaf

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



208 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound ground chicken
- 0.3 cup spring onion sliced
- 2 cups water
- 6.3 ounces cooking spoons of blended tatashe-pepper mix long-grain wild with herbs
- 0.5 cup cherries dried
- 0.5 cup peaches dried chopped
- 0.3 teaspoon nutmeg

Equipment

sauce pan

Directions

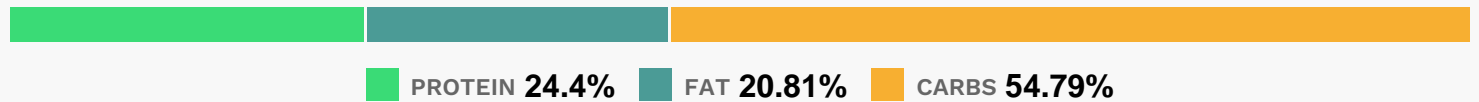
Spray 3-quart saucepan with cooking spray; heat over medium heat. Cook chicken and onions in saucepan about 8 minutes, stirring occasionally, until chicken is no longer pink. Stir in water and seasoning packet from rice mix.

Heat to boiling,

stirring occasionally; reduce heat to low.

Stir in rice, cherries, peaches and nutmeg. Cover and simmer about 5 minutes or until rice is tender and fruits are heated through.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:2.01, Inflammation Score:-9, Nutrition Score:12.271739234095%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 208.07kcal (10.4%), Fat: 5.03g (7.74%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 29.82g (9.94%), Net Carbohydrates: 24.79g (9.01%), Sugar: 16.37g (18.18%), Cholesterol: 48.76mg (16.25%), Sodium: 65.6mg (2.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.28g (26.55%), Vitamin A: 3282.28IU (65.65%), Vitamin B3: 4.63mg (23.13%), Fiber: 5.03g (20.1%), Vitamin B6: 0.35mg (17.51%), Potassium: 606.76mg (17.34%), Vitamin K: 16.53µg (15.74%), Phosphorus: 153.44mg (15.34%), Vitamin B2: 0.22mg (13.05%), Iron: 2.04mg (11.33%), Manganese: 0.19mg (9.59%), Copper: 0.18mg (8.81%), Selenium: 6.1µg (8.71%), Magnesium: 33.6mg (8.4%), Vitamin C: 6.75mg (8.18%), Vitamin B5: 0.81mg (8.09%), Vitamin B1: 0.12mg (8.01%), Zinc: 1.19mg (7.9%), Vitamin B12: 0.32µg (5.29%), Folate: 17.51µg (4.38%), Calcium: 41.99mg (4.2%), Vitamin E: 0.23mg (1.5%)