



Hearty Chicken-Mushroom-Pecan Pilaf

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



241 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 1 teaspoon thyme leaves dried
- ☐ 3 cups less-sodium chicken broth fat-free divided
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 1.5 cups mushrooms chopped
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped
- ☐ 0.5 ounce parmesan cheese fresh grated
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce skinned
- ☐ 1 cup whole-grain breakfast pilaf such as Kashi

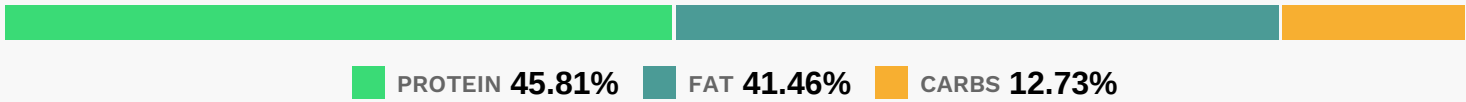
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring 2 cups broth to a boil in a medium saucepan, and stir in pilaf. Cover, reduce heat to medium, and cook 30 minutes or until liquid is absorbed.
- ☐ Heat the oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add the chopped mushrooms and next 5 ingredients (mushrooms through garlic); saute 5 minutes or until tender.
- ☐ Add 1 cup broth, salt, nutmeg, pepper, and chicken; bring to a boil. Cover, reduce heat, and simmer for 25 minutes.
- ☐ Remove chicken from skillet, and cut into bite-size pieces.
- ☐ Bring broth mixture to a boil, and cook until reduced to 1/2 cup (about 5 minutes).
- ☐ Add cooked pilaf and chicken to pan; cook 3 minutes or until thoroughly heated. Stir in the pecans and parsley, and cook 1 minute.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:56.47, Glycemic Load:1.62, Inflammation Score:-10, Nutrition Score:25.378695731578%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 11.02mg, Apigenin: 11.02mg, Apigenin: 11.02mg, Apigenin: 11.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Nutrients (% of daily need)

Calories: 241.26kcal (12.06%), Fat: 11.21g (17.24%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 7.75g (2.58%), Net Carbohydrates: 5.17g (1.88%), Sugar: 3.35g (3.73%), Cholesterol: 74.18mg (24.73%), Sodium: 854.13mg (37.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.87g (55.73%), Vitamin K: 91.38µg (87.03%), Vitamin A: 4087.95IU (81.76%), Vitamin B3: 13.79mg (68.93%), Selenium: 42.17µg (60.24%), Vitamin B6: 0.99mg (49.55%), Phosphorus: 334.35mg (33.43%), Manganese: 0.57mg (28.33%), Vitamin B5: 2.34mg (23.36%), Potassium: 730.95mg (20.88%), Vitamin B2: 0.28mg (16.71%), Vitamin C: 12.35mg (14.97%), Copper: 0.27mg (13.68%), Magnesium: 54.25mg (13.56%), Vitamin B1: 0.2mg (13.03%), Fiber: 2.57g (10.29%), Zinc: 1.46mg (9.75%), Iron: 1.63mg (9.03%), Vitamin B12: 0.49µg (8.2%), Folate: 32.21µg (8.05%), Calcium: 73.4mg (7.34%), Vitamin E: 0.67mg (4.44%), Vitamin D: 0.17µg (1.15%)