



Hearty Garden Chicken and Rice

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 5 teaspoons butter
- ☐ 1 medium carrots diced
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 3 cups chicken broth
- ☐ 2 teaspoons chili powder
- ☐ 2 cloves garlic diced
- ☐ 1 teaspoon garlic salt

- ☐ 0.5 large bell pepper diced green
- ☐ 1 jalapeno diced
- ☐ 1 cup okra fresh sliced
- ☐ 0.5 medium onion diced
- ☐ 0.3 teaspoon paprika
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 4 chicken breast halves boneless skinless
- ☐ 1.5 cups rice long grain white uncooked

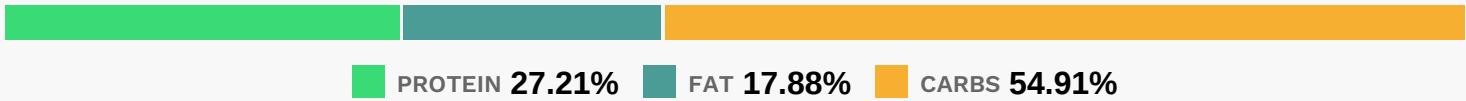
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a pot, bring the rice and chicken broth to a boil. Reduce heat to low, cover, and simmer 20 minutes.
- ☐ In a pot with enough water to cover, boil the chicken breast halves 20 minutes, or until juices run clear.
- ☐ Drain, cool, and cut into chunks.
- ☐ Melt the butter in a large skillet over medium heat, and saute the onion, green bell pepper, jalapeno pepper, carrot, okra, and garlic until tender.
- ☐ Mix in the cooked chicken and red wine vinegar. Continue to cook and stir 5 minutes.
- ☐ Mix the cooked rice into the skillet. Season the mixture with chili powder, garlic salt, paprika, seasoned salt, cayenne pepper, and black pepper. Continue cooking until heated through.

Nutrition Facts



Properties

Glycemic Index:61.34, Glycemic Load:23.19, Inflammation Score:-9, Nutrition Score:17.111739075702%

Flavonoids

Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 313.13kcal (15.66%), Fat: 6.11g (9.4%), Saturated Fat: 2.71g (16.96%), Carbohydrates: 42.22g (14.07%), Net Carbohydrates: 40g (14.55%), Sugar: 2.18g (2.42%), Cholesterol: 59.52mg (19.84%), Sodium: 1348.02mg (58.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.93g (41.86%), Vitamin B3: 9.33mg (46.65%), Vitamin A: 2297.14IU (45.94%), Selenium: 32.08µg (45.84%), Manganese: 0.8mg (40.03%), Vitamin B6: 0.77mg (38.61%), Vitamin C: 20.16mg (24.44%), Phosphorus: 241.31mg (24.13%), Vitamin B5: 1.67mg (16.75%), Potassium: 503.46mg (14.38%), Magnesium: 47.68mg (11.92%), Vitamin B2: 0.2mg (11.88%), Vitamin B1: 0.16mg (10.86%), Copper: 0.19mg (9.49%), Vitamin K: 9.66µg (9.2%), Fiber: 2.22g (8.88%), Zinc: 1.24mg (8.24%), Iron: 1.13mg (6.26%), Vitamin E: 0.89mg (5.94%), Folate: 22.88µg (5.72%), Calcium: 48.89mg (4.89%), Vitamin B12: 0.18µg (3.02%)