

Island Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups rice long-grain cooked (without salt or fat)
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1 large bell pepper green seeded cut into 1-inch pieces
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 cup no-salt-added chicken broth undiluted canned
- ☐ 1.5 teaspoons olive oil
- ☐ 1.5 cups orange juice unsweetened
- ☐ 0.5 teaspoon pepper

- ☐ 1 cup pineapple chunks fresh
- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce skinned

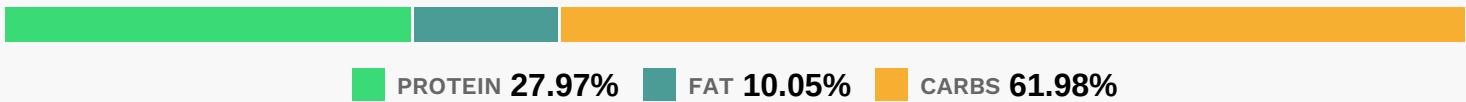
Equipment

- ☐ frying pan

Directions

- ☐ Coat a large nonstick skillet with cooking spray; add oil.
- ☐ Place over medium-high heat until hot.
- ☐ Add chicken; cook 2 minutes on each side or until lightly browned.
- ☐ Remove chicken from skillet, and set aside.
- ☐ Add flour to skillet; cook, stirring constantly, 20 seconds.
- ☐ Add orange juice and broth, deglazing skillet by scraping particles that cling to bottom.
- ☐ Add pineapple and next 6 ingredients, stirring well.
- ☐ Add chicken. Bring to a boil; cover, reduce heat, and simmer 30 to 35 minutes or until chicken is done.
- ☐ To serve, place 1 cup rice on each plate. Top each serving with chicken; spoon pineapple mixture evenly over chicken.
- ☐ Garnish with orange wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:56.13, Glycemic Load:55.64, Inflammation Score:-6, Nutrition Score:22.058260814003%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 435.12kcal (21.76%), Fat: 4.8g (7.38%), Saturated Fat: 1g (6.22%), Carbohydrates: 66.52g (22.17%), Net Carbohydrates: 64.11g (23.31%), Sugar: 11.6g (12.89%), Cholesterol: 72.57mg (24.19%), Sodium: 338.47mg (14.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.02g (60.03%), Vitamin C: 58.48mg (70.88%), Selenium: 49.07µg (70.1%), Vitamin B3: 13.43mg (67.16%), Vitamin B6: 1.13mg (56.61%), Manganese: 0.89mg (44.37%), Phosphorus: 339.37mg (33.94%), Vitamin B5: 2.39mg (23.92%), Potassium: 785.29mg (22.44%), Magnesium: 67.46mg (16.86%), Vitamin B1: 0.24mg (16%), Copper: 0.27mg (13.38%), Vitamin B2: 0.2mg (11.73%), Zinc: 1.59mg (10.61%), Fiber: 2.42g (9.67%), Folate: 36.32µg (9.08%), Iron: 1.44mg (8.01%), Vitamin A: 304.56IU (6.09%), Calcium: 42.06mg (4.21%), Vitamin B12: 0.25µg (4.11%), Vitamin E: 0.59mg (3.97%), Vitamin K: 3.62µg (3.44%)