



Island Chicken and Rice



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



1101 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 13.5 ounce coconut milk canned
- ☐ 14 ounce chicken broth canned
- ☐ 4.5 pounds chicken pieces
- ☐ 2 garlic clove pressed
- ☐ 4 spring onion chopped
- ☐ 3.5 ounce macadamia nuts toasted chopped
- ☐ 1 small onion chopped

- ☐ 0.8 teaspoon pepper divided
- ☐ 6 servings pineapple fresh
- ☐ 0.8 cup pineapple juice unsweetened
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 cup rice long-grain uncooked
- ☐ 1.5 teaspoons salt divided
- ☐ 1 tablespoon vegetable oil

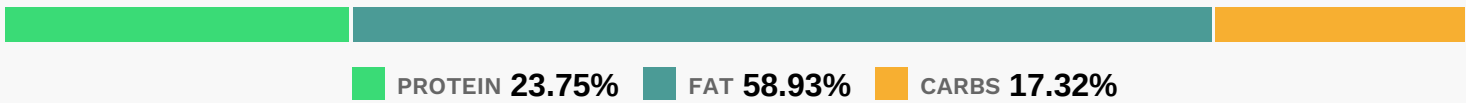
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle 4 1/2 pounds chicken pieces evenly with 1 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Brown chicken in hot oil in a large skillet over medium-high heat 8 to 10 minutes on each side.
- ☐ Remove chicken from skillet, and drain, reserving 1 tablespoon drippings in skillet.
- ☐ Add butter to skillet, and melt, stirring to loosen particles from bottom of skillet; add chopped onion, and saut 4 minutes.
- ☐ Add long-grain rice, and saut 4 minutes; add garlic, and saut 1 minute. Stir in chicken broth and next 3 ingredients; return chicken to skillet.
- ☐ Sprinkle with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper; bring to a boil. Cover, reduce heat to low, and simmer 35 minutes or until rice is tender.
- ☐ Uncover, fluff rice with a fork, and let stand 5 minutes before serving.
- ☐ Sprinkle evenly with green onions and nuts.
- ☐ Garnish, if desired.
- ☐ Note: We used pick-of-the-chick (3 thighs, 3 breasts, 3 legs) for chicken pieces.

Nutrition Facts



Properties

Glycemic Index:49.48, Glycemic Load:22.79, Inflammation Score:-8, Nutrition Score:35.731304220531%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 1101.01kcal (55.05%), Fat: 72.44g (111.45%), Saturated Fat: 27.73g (173.29%), Carbohydrates: 47.9g (15.97%), Net Carbohydrates: 42.94g (15.61%), Sugar: 14.69g (16.32%), Cholesterol: 206.57mg (68.86%), Sodium: 1100.83mg (47.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.68g (131.36%), Manganese: 2.64mg (131.98%), Vitamin B3: 19.25mg (96.27%), Selenium: 55.08µg (78.69%), Vitamin C: 50.76mg (61.52%), Vitamin B6: 1.21mg (60.42%), Phosphorus: 589.62mg (58.96%), Zinc: 5.86mg (39.1%), Magnesium: 128.74mg (32.18%), Copper: 0.64mg (31.83%), Vitamin B1: 0.47mg (31.29%), Iron: 5.38mg (29.89%), Vitamin B5: 2.88mg (28.85%), Potassium: 979.94mg (28%), Vitamin K: 27.04µg (25.75%), Vitamin B2: 0.43mg (25.35%), Vitamin B12: 1.38µg (23.02%), Fiber: 4.96g (19.84%), Folate: 57.31µg (14.33%), Vitamin A: 679.9IU (13.6%), Vitamin E: 1.49mg (9.91%), Calcium: 94.86mg (9.49%), Vitamin D: 0.53µg (3.53%)