



Lemon Pepper Chicken and Rice



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



1002 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast halves bone-in with skin
- ☐ 43.5 ounce chicken broth canned
- ☐ 2 teaspoons lemon pepper
- ☐ 1 tablespoon paprika
- ☐ 1.8 cups rice white uncooked

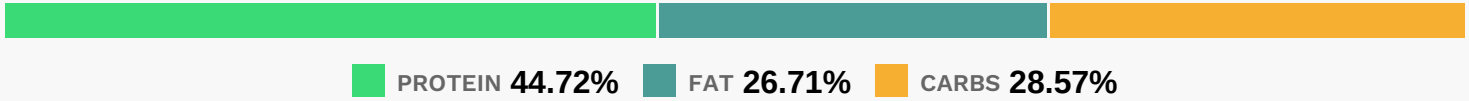
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Pour chicken broth into a 2 quart casserole dish. Fill a can with rice (approximately 1 3/4 cups), and stir into broth. Season with paprika and lemon pepper to taste.
- ☐ Place chicken breasts on top of rice mixture, and sprinkle with more paprika and lemon pepper to taste.
- ☐ Cover, and bake in preheated oven for 50 to 60 minutes, or until rice is cooked through and chicken is no longer pink inside.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.05, Glycemic Load:39.12, Inflammation Score:-8, Nutrition Score:33.796521959097%

Nutrients (% of daily need)

Calories: 1002.04kcal (50.1%), Fat: 28.69g (44.14%), Saturated Fat: 7.77g (48.59%), Carbohydrates: 69.07g (23.02%), Net Carbohydrates: 67.15g (24.42%), Sugar: 0.28g (0.32%), Cholesterol: 226.47mg (75.49%), Sodium: 1622.53mg (70.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 108.11g (216.22%), Selenium: 105.27µg (150.38%), Vitamin B3: 20.67mg (103.34%), Phosphorus: 809.15mg (80.92%), Vitamin B6: 1.61mg (80.26%), Zinc: 9.33mg (62.22%), Vitamin B12: 3.31µg (55.15%), Manganese: 1.05mg (52.65%), Iron: 5.54mg (30.78%), Potassium: 1036.07mg (29.6%), Vitamin A: 1447.01IU (28.94%), Vitamin B2: 0.48mg (28.49%), Magnesium: 113.02mg (28.25%), Vitamin B5: 2.49mg (24.89%), Copper: 0.39mg (19.43%), Vitamin E: 1.81mg (12.07%), Vitamin K: 10.44µg (9.94%), Vitamin B1: 0.14mg (9.06%), Calcium: 79.91mg (7.99%), Fiber: 1.92g (7.66%), Folate: 18.19µg (4.55%), Vitamin D: 0.42µg (2.81%), Vitamin C: 1.37mg (1.66%)