



Lemony Chicken Breasts with Rice

 Gluten Free

READY IN



190 min.

SERVINGS



4

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 chicken breast halves boneless
- 4 cups chicken broth low-sodium canned
- 0.3 cup parsley fresh finely chopped
- 2 garlic clove finely chopped
- 0.3 cup juice of lemon
- 1 onion finely chopped
- 2 cups rice long-grain
- 4 servings salt and pepper

4 tablespoons butter unsalted

Equipment

frying pan

slow cooker

Directions

Melt 2 Tbsp. butter in a large skillet over medium high heat.

Add onion and cook until softened, stirring occasionally, 4 to 5 minutes.

Add garlic and cook 1 minute longer.

Scrape into slow cooker.

Sprinkle chicken with salt. Melt remaining 2 Tbsp. butter in skillet over medium high heat until foaming.

Add chicken breast halves and cook until browned, about 2 minutes per side.

Transfer to slow cooker.

Add 1 cup broth and lemon juice to skillet and bring to a boil, scraping browned bits from bottom of pan.

Add to the slow cooker, along with remaining broth, rice and 1 tsp. salt. Stir, cover and cook on low until chicken is cooked through and rice is tender, 2 to 3 hours.

Remove chicken, stir parsley into rice and season with salt and pepper. Divide rice onto 4 plates and top each with a piece of chicken; serve immediately.

Nutrition Facts



PROTEIN 23.36% **FAT 23.97%** **CARBS 52.67%**

Properties

Glycemic Index:37.55, Glycemic Load:45.26, Inflammation Score:-7, Nutrition Score:24.693478211113%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 622.53kcal (31.13%), Fat: 16.41g (25.25%), Saturated Fat: 8.45g (52.78%), Carbohydrates: 81.15g (27.05%), Net Carbohydrates: 79.28g (28.83%), Sugar: 2.02g (2.25%), Cholesterol: 102.42mg (34.14%), Sodium: 405.44mg (17.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.99g (71.97%), Vitamin B3: 16.61mg (83.05%), Selenium: 50.64µg (72.34%), Vitamin K: 62.93µg (59.94%), Manganese: 1.09mg (54.64%), Vitamin B6: 1.08mg (54.2%), Phosphorus: 431.5mg (43.15%), Vitamin B5: 2.64mg (26.41%), Potassium: 813.48mg (23.24%), Copper: 0.38mg (19%), Vitamin C: 14.75mg (17.88%), Magnesium: 61.06mg (15.27%), Vitamin B2: 0.25mg (14.64%), Vitamin A: 701.26IU (14.03%), Zinc: 2.02mg (13.5%), Iron: 1.99mg (11.03%), Vitamin B1: 0.16mg (10.69%), Vitamin B12: 0.49µg (8.1%), Fiber: 1.87g (7.48%), Folate: 26.36µg (6.59%), Calcium: 59.6mg (5.96%), Vitamin E: 0.7mg (4.66%), Vitamin D: 0.32µg (2.15%)