



## Lucky and Rippy's Favorite Dog Food



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



12

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 pounds chicken meat minced
- ☐ 4 cups rice
- ☐ 2.5 cups vegetable blend frozen minced (no garlic or onions)
- ☐ 6.5 cups water

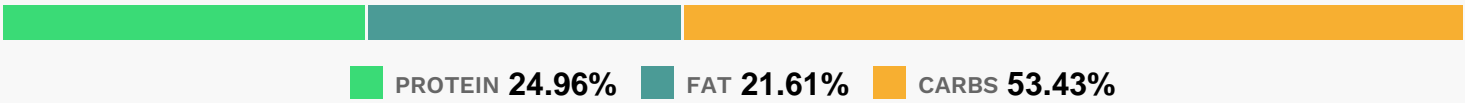
## Equipment

- ☐ sauce pan
- ☐ dutch oven

# Directions

- ☐
- Place chicken, vegetables, and rice into a large saucepan or Dutch oven. Stir in water until the mixture is smooth.
- ☐
- Place over medium-high heat and bring to a boil, stirring constantly.
- ☐
- Reduce heat to medium-low, cover, and simmer until the rice is tender and all of the liquid has been absorbed, about 25 minutes. Cool completely before serving; store covered in the refrigerator.

# Nutrition Facts



# Properties

Glycemic Index:8.85, Glycemic Load:31.29, Inflammation Score:-8, Nutrition Score:16.297826038755%

# Nutrients (% of daily need)

Calories: 411.51kcal (20.58%), Fat: 9.79g (15.06%), Saturated Fat: 2.76g (17.23%), Carbohydrates: 54.45g (18.15%), Net Carbohydrates: 52.13g (18.96%), Sugar: 0.07g (0.08%), Cholesterol: 97.52mg (32.51%), Sodium: 95.35mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.44g (50.87%), Manganese: 0.78mg (39.08%), Vitamin B3: 7.78mg (38.92%), Vitamin A: 1925.41IU (38.51%), Vitamin B6: 0.72mg (35.91%), Selenium: 21.03µg (30.04%), Phosphorus: 295.14mg (29.51%), Potassium: 743.24mg (21.24%), Vitamin B2: 0.34mg (19.75%), Vitamin B5: 1.93mg (19.25%), Zinc: 2.52mg (16.82%), Vitamin B1: 0.21mg (14.2%), Copper: 0.27mg (13.26%), Magnesium: 49.61mg (12.4%), Vitamin B12: 0.63µg (10.58%), Iron: 1.78mg (9.91%), Fiber: 2.32g (9.27%), Vitamin C: 3.94mg (4.78%), Folate: 17.06µg (4.27%), Calcium: 37.39mg (3.74%), Vitamin E: 0.37mg (2.49%)