



Nourishing Shredded Chicken Bake



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 tsp pepper black
- ☐ 1 lb chicken breasts
- ☐ 1.5 cups chicken broth low sodium,
- ☐ 2 Tbs dairy-free margarine (such as Earth Balance soy-free)
- ☐ 2 Tbs flour for gf (sorghum)
- ☐ 1 Tbs sage fresh
- ☐ 1 Tbs thyme leaves fresh
- ☐ 1 cup artichoke hearts frozen thawed sliced

- ☐ 1 tsp poultry seasoning
- ☐ 1 tsp sea salt
- ☐ 4 cups pkt spinach fresh sliced

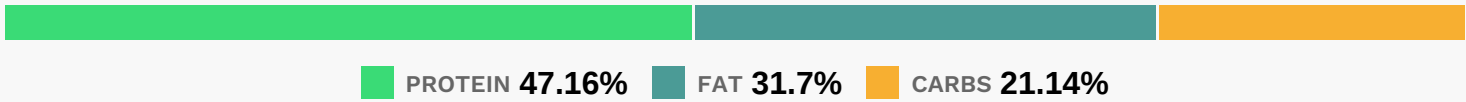
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Boil chicken breasts about 20 minutes, or until done, in chicken broth, a dash of black pepper and poultry seasoning. Wash fresh herbs and spinach. Slice artichokes and chop spinach while chicken is cooking.In a small saucepan, begin the roux by melting margarine and with a whisk, stir in sorghum flour until flour is melted into the margarine with no lumps.
- ☐ Add the 1 1/2 cups of broth, salt and pepper to the saucepan and stir continuously with the whisk, until it becomes thick.
- ☐ Remove saucepan from the heat and add in the fresh herbs, stir and allow it to sit while you shred the chicken. In a large bowl, combine the spinach, artichokes, shredded chicken and roux.
- ☐ Place even amounts into individual ramekins (8oz), and bake in the oven on 350°F for 20 minutes and then broil for 3 minutes.
- ☐ Serve with Rice crackers* for scooping and a side salad. FUN, EASY and TASTY!.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.23, Inflammation Score:-10, Nutrition Score:30.731304448584%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 235.21kcal (11.76%), Fat: 8.4g (12.92%), Saturated Fat: 2g (12.49%), Carbohydrates: 12.6g (4.2%), Net Carbohydrates: 8.74g (3.18%), Sugar: 0.52g (0.57%), Cholesterol: 74.34mg (24.78%), Sodium: 1137.38mg (49.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.1g (56.21%), Copper: 4.67mg (233.73%), Vitamin K: 152.24µg (144.99%), Vitamin A: 3300.99IU (66.02%), Vitamin B3: 13.01mg (65.04%), Selenium: 37.09µg (52.99%), Vitamin B6: 0.97mg (48.39%), Folate: 138.59µg (34.65%), Manganese: 0.69mg (34.64%), Phosphorus: 315.4mg (31.54%), Potassium: 798.74mg (22.82%), Vitamin B2: 0.33mg (19.2%), Vitamin C: 15.77mg (19.12%), Magnesium: 76.45mg (19.11%), Vitamin B5: 1.76mg (17.63%), Fiber: 3.86g (15.44%), Vitamin E: 2.22mg (14.8%), Iron: 2.54mg (14.1%), Vitamin B1: 0.17mg (11.51%), Zinc: 1.14mg (7.61%), Calcium: 73.77mg (7.38%), Vitamin B12: 0.24µg (4.07%)