



One-Pot Chicken and Rice with Swiss Chard

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



4

CALORIES



947 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 chicken thighs dry (2 pounds total)
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- 1 serving coarse mustard
- 3 garlic clove roughly chopped
- 10 ounces swiss chard cut into ½-inch pieces, leaves torn into 2-inch pieces
- 1 small onion diced yellow
- 2 medium carrots diced
- 1.5 teaspoons lemon zest finely grated for serving

- 1.5 cups rice
- 2.5 cups chicken broth low-sodium

Equipment

- dutch oven
- tongs

Directions

- Season chicken with salt and pepper.
- Heat a large Dutch oven or other heavy pot with a tight-fitting lid over medium-high.
- Add chicken, skin side down, and cook until browned on both sides, 12 minutes, turning once. With tongs, transfer chicken to a plate.
- Reduce heat to medium and add garlic, chard stems, onion, and carrots. Cook, stirring occasionally, until chard stems and onion are translucent, 4 minutes.
- Add chard leaves, lemon zest, and rice; cook 1 minute.
- Add broth and bring to a rapid simmer. Reduce to a simmer and season with salt and pepper. Arrange chicken, skin side up, on top of rice mixture and cook, covered, until chicken is cooked through and liquid is absorbed, about 25 minutes.
- Remove from heat and let sit, 5 minutes.
- Serve with lemon wedges.
- John Kernick

Nutrition Facts



PROTEIN 24.21% **FAT 47.61%** **CARBS 28.18%**

Properties

Glycemic Index:57.25, Glycemic Load:35.41, Inflammation Score:-10, Nutrition Score:40.217391496119%

Flavonoids

Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 4.3mg, Kaempferol: 4.3mg, Kaempferol: 4.3mg, Kaempferol: 4.3mg Myricetin:

2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 947.17kcal (47.36%), Fat: 49.63g (76.36%), Saturated Fat: 13.37g (83.59%), Carbohydrates: 66.1g (22.03%), Net Carbohydrates: 62.73g (22.81%), Sugar: 3.31g (3.68%), Cholesterol: 283.22mg (94.41%), Sodium: 457.13mg (19.88%), Alcohol: 0g (100%), Protein: 56.79g (113.58%), Vitamin K: 598.54µg (570.04%), Vitamin A: 9657.21IU (193.14%), Selenium: 66.02µg (94.32%), Vitamin B3: 17.18mg (85.91%), Vitamin B6: 1.28mg (64.16%), Phosphorus: 633.89mg (63.39%), Manganese: 1.17mg (58.47%), Vitamin B5: 3.89mg (38.86%), Magnesium: 137.82mg (34.46%), Potassium: 1202.94mg (34.37%), Vitamin B12: 2µg (33.28%), Zinc: 4.91mg (32.74%), Vitamin B2: 0.55mg (32.34%), Vitamin C: 26.03mg (31.55%), Copper: 0.53mg (26.55%), Iron: 4.27mg (23.72%), Vitamin B1: 0.33mg (21.75%), Vitamin E: 2.24mg (14.9%), Fiber: 3.37g (13.47%), Calcium: 104.55mg (10.45%), Folate: 33.51µg (8.38%), Vitamin D: 0.29µg (1.93%)