



WHATShEATe



Oven-baked chicken pilau



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



948 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



85 g pinenuts



2 tbsp olive oil



1 onion red cut into thin wedges



1 tsp turmeric



8 chicken thighs boneless skinless



350 g rice long grain



85 g golden raisins



850 ml chicken stock see

☐

1 handful cilantro leaves fresh

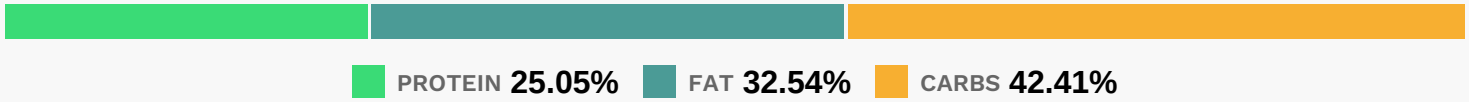
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ On the hob, toast the pine nuts in a flameproof casserole dish, remove and set aside.
- ☐ Heat the oil in the casserole and soften the onion with the turmeric for 3 mins.
- ☐ Add the chicken thighs and cook for 3–4 mins until browned all over. Tip in the rice, sultanas and 700ml stock, then bring to the boil. Cover with a lid and bake in the oven for 20 mins, checking halfway and adding more stock if needed. Cook until the chicken is done and the rice tender. Season to taste, then stir in the toasted pine nuts and serve sprinkled with fresh coriander.

Nutrition Facts



Properties

Glycemic Index:45.46, Glycemic Load:51.78, Inflammation Score:-10, Nutrition Score:36.472608866899%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 948.16kcal (47.41%), Fat: 34.17g (52.57%), Saturated Fat: 5.25g (32.78%), Carbohydrates: 100.21g (33.4%), Net Carbohydrates: 96.82g (35.21%), Sugar: 18.04g (20.05%), Cholesterol: 221.17mg (73.72%), Sodium: 518.66mg (22.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.2g (118.39%), Manganese: 3.01mg (150.34%), Selenium: 69.5µg (99.29%), Vitamin B3: 18.67mg (93.37%), Phosphorus: 738mg (73.8%), Vitamin B6: 1.41mg (70.68%), Vitamin B2: 0.73mg (42.66%), Zinc: 6.2mg (41.37%), Copper: 0.81mg (40.47%), Vitamin B5: 3.73mg

(37.35%), Magnesium: 147.32mg (36.83%), Potassium: 1225.37mg (35.01%), Vitamin B1: 0.43mg (28.89%), Iron: 4.86mg (26.99%), Vitamin K: 26.77µg (25.49%), Vitamin E: 3.63mg (24.21%), Vitamin B12: 1.45µg (24.11%), Fiber: 3.39g (13.54%), Folate: 40.74µg (10.19%), Calcium: 74.04mg (7.4%), Vitamin C: 3.73mg (4.52%), Vitamin A: 134.9IU (2.7%)