



# Papaya-Stuffed Chicken and Basmati Rice

 Dairy Free

READY IN



110 min.

SERVINGS



4

CALORIES



505 kcal

SIDE DISH

## Ingredients

- 1 cup rice
- 1 tablespoon brown sugar
- 1 cup round buttery crackers crushed ritz® (such as )
- 1 pinch ground pepper
- 1 pinch ground cinnamon to taste
- 1 teaspoon nutmeg
- 1 tablespoon butter
- 1 cup orange juice

- 1 papaya peeled seeded sliced
- 8 ounce pineapple crushed canned
- 4 chicken breast halves boneless skinless
- 1.5 cups water

## Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- knife
- kitchen thermometer
- aluminum foil

## Directions

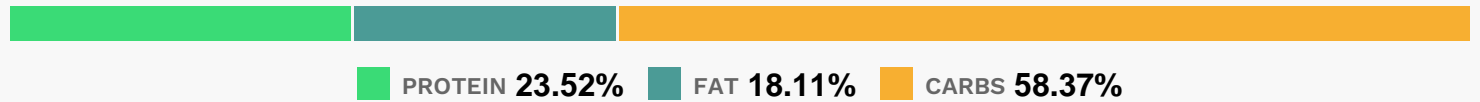
- Preheat an oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil.
- Lay a chicken breast flat onto your work surface. Use the tip of a sharp boning or paring knife to cut a pocket in the chicken breast through a 2 inch slit in the side. Repeat with the remaining chicken breasts.
- Place the slices into the pocket of each chicken breasts, then sprinkle papaya slices with cinnamon to taste. Dip the chicken breast halves one at a time into the melted margarine, then the cracker crumbs.
- Heat 1 tablespoons of margarine in a skillet over medium-high heat. Arrange the chicken breasts in the skillet and cook until golden brown on each side, about 10 minutes.
- Place browned chicken breasts on the prepared baking sheet.
- Bake in the preheated oven for about 20 minutes, then flip each chicken breast. Continue baking until the chicken breasts are no longer pink in the center and the juices run clear, about 20 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25

minutes.

Meanwhile, melt the remaining 1 tablespoon of margarine in the same skillet used to brown the chicken over medium-high heat, scraping up any browned bits. Stir in the orange juice, pineapple, brown sugar, 1/2 teaspoon of cinnamon, nutmeg, cayenne, salt and pepper. Reduce heat to medium and simmer until reduced, about 30 minutes. Reduce the heat once more to low and continue simmering until the sauce is thickened.

Serve the chicken breasts over the rice with the pineapple sauce spooned on top.

## Nutrition Facts



### Properties

Glycemic Index:69.73, Glycemic Load:29.71, Inflammation Score:-8, Nutrition Score:24.831304519073%

### Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

### Nutrients (% of daily need)

Calories: 505.42kcal (25.27%), Fat: 10.1g (15.54%), Saturated Fat: 2.34g (14.61%), Carbohydrates: 73.26g (24.42%), Net Carbohydrates: 70.02g (25.46%), Sugar: 23.57g (26.19%), Cholesterol: 72.32mg (24.11%), Sodium: 311.33mg (13.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.52g (59.04%), Vitamin C: 84.01mg (101.83%), Vitamin B3: 13.95mg (69.76%), Selenium: 44.63µg (63.75%), Vitamin B6: 1.03mg (51.52%), Phosphorus: 355.64mg (35.56%), Manganese: 0.67mg (33.29%), Vitamin B5: 2.4mg (24.05%), Potassium: 829.69mg (23.71%), Vitamin A: 1044.5IU (20.89%), Vitamin B1: 0.3mg (20.29%), Magnesium: 77.32mg (19.33%), Folate: 69.05µg (17.26%), Copper: 0.29mg (14.7%), Vitamin B2: 0.23mg (13.43%), Fiber: 3.24g (12.95%), Iron: 1.97mg (10.97%), Vitamin K: 10.24µg (9.76%), Zinc: 1.42mg (9.48%), Calcium: 80.45mg (8.05%), Vitamin E: 1.17mg (7.8%), Vitamin B12: 0.23µg (3.82%)