



Parmesan Chicken and Rice

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon bottled garlic minced
- ☐ 0.5 teaspoon thyme dried
- ☐ 0.5 cup wine dry white
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 cup rice instant uncooked
- ☐ 8 ounce mushrooms

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 2 ounces parmesan fresh grated
- ☐ 0.5 teaspoon salt
- ☐ 0.8 pound chicken breast boneless skinless cut into bite-sized pieces

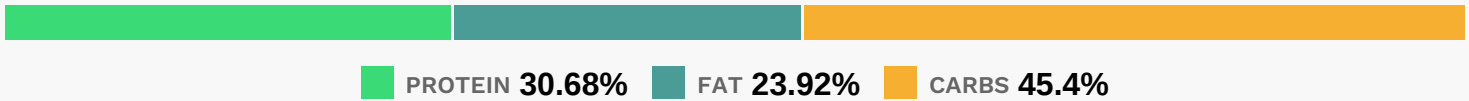
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add the onion, garlic, thyme, and mushrooms; saut 5 minutes or until onion is tender.
- ☐ Add chicken; saut 4 minutes or until the chicken is lightly browned.
- ☐ Add wine, salt, and pepper; cook 3 minutes or until liquid almost evaporates.
- ☐ Stir in rice and broth. Bring to a boil; cover, reduce heat, and simmer 5 minutes or until liquid is absorbed. Stir in cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:64.05, Glycemic Load:23.49, Inflammation Score:-7, Nutrition Score:22.013478082159%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 403.49kcal (20.17%), Fat: 10.03g (15.43%), Saturated Fat: 3.42g (21.39%), Carbohydrates: 42.82g (14.27%), Net Carbohydrates: 41.08g (14.94%), Sugar: 2.56g (2.84%), Cholesterol: 64.07mg (21.36%), Sodium: 858.45mg (37.32%), Alcohol: 3.09g (100%), Alcohol %: 1.23% (100%), Protein: 28.94g (57.87%), Vitamin K: 66.63µg (63.46%), Selenium: 44.23µg (63.19%), Vitamin B3: 12.13mg (60.67%), Vitamin B6: 0.85mg (42.58%), Phosphorus: 400.9mg (40.09%), Manganese: 0.67mg (33.3%), Vitamin B5: 2.72mg (27.24%), Vitamin B2: 0.41mg (24.13%), Calcium: 206.87mg (20.69%), Potassium: 657.3mg (18.78%), Copper: 0.34mg (17.08%), Magnesium: 53.27mg (13.32%), Zinc: 1.83mg (12.19%), Vitamin C: 9.13mg (11.07%), Vitamin B1: 0.16mg (10.63%), Iron: 1.73mg (9.61%), Vitamin A: 458.07IU (9.16%), Vitamin B12: 0.48µg (7.94%), Folate: 28.5µg (7.13%), Fiber: 1.74g (6.94%), Vitamin E: 0.8mg (5.31%), Vitamin D: 0.27µg (1.8%)