



Parmesan Chicken and Rice Casserole

 Gluten Free

READY IN



37 min.

SERVINGS



4

CALORIES



536 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 7 ounce brown rice
- 0.3 cup wine dry white
- 2 cups fat-skimmed beef broth fat-free
- 1.5 teaspoons thyme sprigs fresh chopped
- 2 garlic clove minced
- 1 cup onion chopped
- 1.5 ounces parmesan shredded
- 0.5 teaspoon salt

- 1.8 pounds chicken thighs boneless skinless
- 3 tablespoons whipping cream

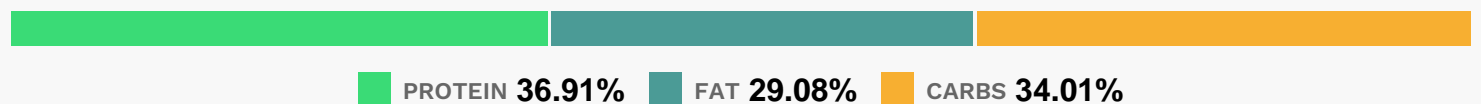
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 450
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add onion to pan; saut 2 minutes.
- Add garlic; saut 30 seconds.
- Remove rice from bags; add to pan. Saut 30 seconds. Stir in wine; cook 30 seconds or until liquid almost evaporates. Spoon rice mixture in an even layer into a 13 x 9inch baking dish coated with cooking spray.
- Arrange chicken thighs in a single layer over rice mixture; sprinkle evenly with thyme and salt.
- Combine broth and cream, stirring well; pour over chicken and rice mixture.
- Bake at 450 for 15 minutes.
- Sprinkle with cheese.
- Bake an additional 5 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:50.69, Glycemic Load:22.38, Inflammation Score:-8, Nutrition Score:28.623478588851%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin:

0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 535.6kcal (26.78%), Fat: 16.55g (25.46%), Saturated Fat: 6.66g (41.65%), Carbohydrates: 43.55g (14.52%), Net Carbohydrates: 41.04g (14.92%), Sugar: 2.49g (2.76%), Cholesterol: 208.47mg (69.49%), Sodium: 1109.77mg (48.25%), Alcohol: 2.06g (100%), Alcohol %: 0.58% (100%), Protein: 47.27g (94.53%), Manganese: 2.02mg (100.86%), Selenium: 50.51µg (72.16%), Vitamin B3: 13.98mg (69.91%), Vitamin B6: 1.24mg (62.22%), Phosphorus: 613.15mg (61.31%), Vitamin B5: 3.41mg (34.05%), Magnesium: 130.77mg (32.69%), Zinc: 4.48mg (29.9%), Vitamin B1: 0.42mg (28.04%), Vitamin B2: 0.47mg (27.76%), Vitamin B12: 1.64µg (27.38%), Potassium: 756.91mg (21.63%), Calcium: 189mg (18.9%), Iron: 3.03mg (16.86%), Copper: 0.3mg (15%), Fiber: 2.5g (10.01%), Folate: 28.37µg (7.09%), Vitamin A: 332.6IU (6.65%), Vitamin K: 6.56µg (6.25%), Vitamin C: 4.7mg (5.69%), Vitamin E: 0.49mg (3.29%), Vitamin D: 0.23µg (1.55%)