



Pilaf with Chicken, Spinach, and Walnuts

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



408 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounce baby spinach fresh coarsely chopped
- ☐ 1.5 cups rice uncooked
- ☐ 6 inch cinnamon sticks
- ☐ 2 cups chicken breast cooked chopped 2 breasts
- ☐ 28 ounce less-sodium chicken broth fat-free canned
- ☐ 2 tablespoons optional: dill fresh finely chopped
- ☐ 1.5 tablespoons olive oil divided
- ☐ 1 cup onion chopped

- ☐ 1 cup plum tomatoes diced
- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup walnuts toasted coarsely chopped

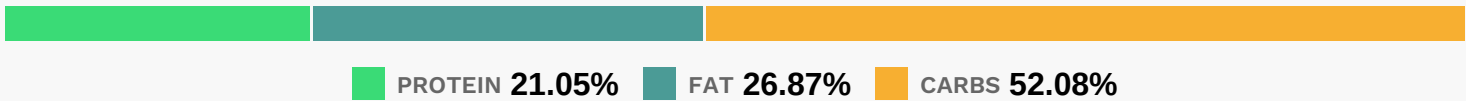
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion and cinnamon sticks; saut 5 minutes or until lightly browned. Stir in rice, and saut 1 minute. Stir in remaining 1 1/2 teaspoons oil, tomato, salt, and broth. Bring to a boil; cover, reduce heat, and simmer 15 minutes or until rice is tender and liquid is absorbed.
- ☐ Add spinach and raisins; saut 2 minutes or until spinach wilts. Discard cinnamon sticks. Stir in chicken.
- ☐ Sprinkle with walnuts and dill.
- ☐ For baby: Omit the walnuts and dill.
- ☐ Serve spoonfuls in a small bowl.

Nutrition Facts



Properties

Glycemic Index:42.83, Glycemic Load:28.58, Inflammation Score:-9, Nutrition Score:24.526521540206%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.84mg,

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Nutrients (% of daily need)

Calories: 408.39kcal (20.42%), Fat: 12.35g (19%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 53.85g (17.95%), Net Carbohydrates: 49.69g (18.07%), Sugar: 2.82g (3.13%), Cholesterol: 39.67mg (13.22%), Sodium: 801mg (34.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.77g (43.54%), Vitamin K: 143.02µg (136.21%), Manganese: 1.4mg (70.07%), Vitamin A: 3012.32IU (60.25%), Vitamin B3: 8.61mg (43.03%), Selenium: 23.77µg (33.96%), Vitamin B6: 0.57mg (28.5%), Phosphorus: 248.75mg (24.88%), Copper: 0.42mg (20.78%), Folate: 83.05µg (20.76%), Vitamin C: 16.27mg (19.72%), Magnesium: 75.53mg (18.88%), Potassium: 650.97mg (18.6%), Fiber: 4.16g (16.64%), Iron: 2.68mg (14.9%), Vitamin B2: 0.21mg (12.31%), Vitamin B5: 1.23mg (12.3%), Vitamin B1: 0.17mg (11.36%), Zinc: 1.6mg (10.69%), Vitamin E: 1.57mg (10.44%), Calcium: 86.78mg (8.68%), Vitamin B12: 0.42µg (7.05%)