



Pilaf with Chicken, Spinach, and Walnuts

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 1.5 cups rice uncooked
- ☐ 1 stick cinnamon 3-inch
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 1 tablespoon optional: dill fresh finely chopped
- ☐ 1.5 tablespoons olive oil divided
- ☐ 1 cup onion chopped
- ☐ 1 cup plum tomatoes diced

- ☐ 2 cups roasted boneless skinless chopped 2 breasts
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup walnuts toasted coarsely chopped

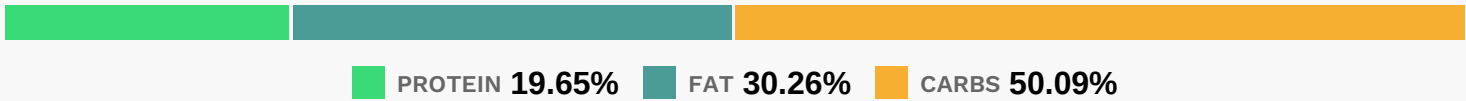
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; saut 10 minutes or until lightly browned. Stir in rice, and cook 1 minute, stirring constantly. Stir in 1 1/2 teaspoons oil, tomato, salt, broth, and cinnamon stick; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed.
- ☐ Stir in spinach; cook 2 minutes or until spinach wilts. Stir in chicken.
- ☐ Sprinkle evenly with walnuts and dill. Discard cinnamon stick.

Nutrition Facts



Properties

Glycemic Index:33.03, Glycemic Load:23.48, Inflammation Score:-9, Nutrition Score:23.071304553229%

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: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg

Nutrients (% of daily need)

Calories: 348.92kcal (17.45%), Fat: 11.79g (18.14%), Saturated Fat: 1.49g (9.31%), Carbohydrates: 43.93g (14.64%), Net Carbohydrates: 40.82g (14.84%), Sugar: 2.71g (3.01%), Cholesterol: 32mg (10.67%), Sodium: 550.45mg (23.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.23g (34.46%), Vitamin K: 142.85µg (136.05%), Manganese: 1.29mg (64.39%), Vitamin A: 3011.15IU (60.22%), Selenium: 25.35µg (36.22%), Vitamin B3: 6.91mg (34.56%), Vitamin B6: 0.63mg (31.59%), Phosphorus: 230.7mg (23.07%), Folate: 82.03µg (20.51%), Vitamin C:

16.15mg (19.57%), Copper: 0.36mg (17.78%), Magnesium: 70.42mg (17.61%), Potassium: 594.69mg (16.99%), Vitamin B5: 1.41mg (14.05%), Fiber: 3.12g (12.46%), Iron: 1.94mg (10.76%), Vitamin E: 1.53mg (10.17%), Vitamin B1: 0.15mg (10.09%), Vitamin B2: 0.17mg (9.99%), Zinc: 1.38mg (9.22%), Calcium: 71.93mg (7.19%), Vitamin B12: 0.23µg (3.87%)