



Polynesian Chicken and Rice

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cashew pieces coarsely chopped
- ☐ 30 ounce chicken breast halves
- ☐ 3 garlic clove minced
- ☐ 1 cup spring onion sliced (1-inch)
- ☐ 3 tablespoons catsup reduced-calorie
- ☐ 1 tablespoon soy sauce low-sodium
- ☐ 1.5 cups chicken broth
- ☐ 1 tablespoon butter

- ☐ 1 cup pineapple juice
- ☐ 8 ounce dole pineapple tidbits unsweetened drained canned
- ☐ 1 cup bell pepper red chopped
- ☐ 3 tablespoons sugar
- ☐ 1 cup rice long-grain white uncooked
- ☐ 2 tablespoons vinegar white

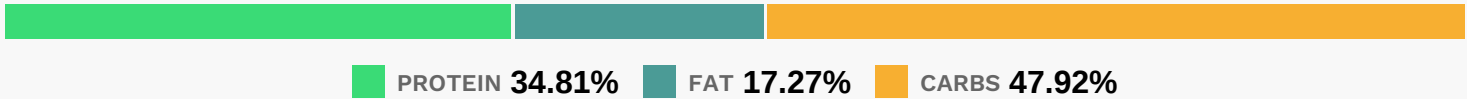
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Combine first 6 ingredients in a bowl; stir well, and set aside.
- ☐ Coat a Dutch oven with cooking spray, and add margarine.
- ☐ Place over medium-high heat until margarine melts.
- ☐ Add chicken, and cook 4 minutes on each side or until browned.
- ☐ Remove chicken from pan; set aside.
- ☐ Add rice and garlic to pan, and saut 3 minutes. Return chicken, meaty side down, to pan.
- ☐ Add chicken broth mixture, and bring to a boil. Cover, reduce heat, and simmer for 25 minutes or until most of the liquid is absorbed. Stir in the green onions and remaining ingredients; cover and cook an additional 5 minutes or until the vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:69.3, Glycemic Load:26.7, Inflammation Score:-8, Nutrition Score:30.386086894118%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 491.39kcal (24.57%), Fat: 9.37g (14.41%), Saturated Fat: 1.97g (12.33%), Carbohydrates: 58.48g (19.49%), Net Carbohydrates: 55.95g (20.34%), Sugar: 22.41g (24.9%), Cholesterol: 108.86mg (36.29%), Sodium: 450.41mg (19.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.48g (84.96%), Vitamin B3: 20.14mg (100.72%), Selenium: 61.6µg (88%), Vitamin B6: 1.58mg (79.03%), Vitamin C: 53.89mg (65.32%), Phosphorus: 478.12mg (47.81%), Vitamin K: 45.36µg (43.2%), Manganese: 0.85mg (42.7%), Vitamin B5: 3mg (29.97%), Potassium: 1040.1mg (29.72%), Vitamin A: 1354.99IU (27.1%), Magnesium: 89.88mg (22.47%), Copper: 0.37mg (18.47%), Vitamin B2: 0.3mg (17.62%), Vitamin B1: 0.26mg (17.24%), Zinc: 2mg (13.36%), Folate: 50.34µg (12.58%), Iron: 2.15mg (11.94%), Fiber: 2.53g (10.12%), Vitamin E: 1.23mg (8.21%), Vitamin B12: 0.41µg (6.9%), Calcium: 59.92mg (5.99%), Vitamin D: 0.17µg (1.13%)