



Rice Salad with Chicken and Asparagus



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1071 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus whole cut into 1/4-inch pieces, tips left
- ☐ 1.3 pounds chicken thighs boneless (6)
- ☐ 1 tablespoon dijon mustard
- ☐ 1 clove garlic minced
- ☐ 0.8 teaspoon fresh-ground pepper black
- ☐ 1 tablespoon juice of lemon
- ☐ 9 tablespoons olive oil
- ☐ 0.3 cup pinenuts

- ☐ 0.5 cup onion red chopped
- ☐ 2 cups rice
- ☐ 2 teaspoons salt
- ☐ 1 large tomatoes cut into 1/2-inch dice
- ☐ 5 tablespoons red-wine vinegar

Equipment

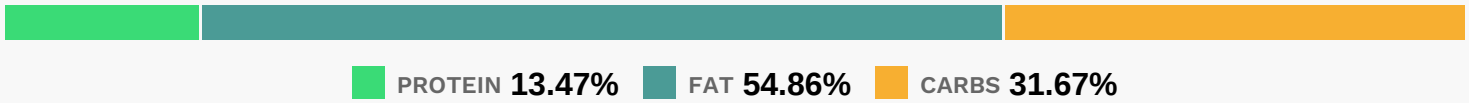
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ In a small frying pan, toast the pine nuts over moderately low heat, stirring frequently, until they are golden brown, about 5 minutes. Or toast in a 350 oven for 5 to 10 minutes.
- ☐ In a small glass or stainless-steel bowl, using a fork, stir together the vinegar, garlic, lemon juice, mustard, 1 1/4 teaspoons of the salt, and 1/2 teaspoon of the pepper. Stir in the oil.
- ☐ In a large pot of boiling, salted water, cook the rice until almost tender, about 10 minutes.
- ☐ Add the asparagus and cook until it and the rice are both done, about 5 minutes longer.
- ☐ Drain, rinse with cold water, and drain again.
- ☐ Transfer to a large glass or stainless-steel bowl.
- ☐ Meanwhile, in a large frying pan, bring 1/4 inch of water to a simmer over moderately high heat.
- ☐ Sprinkle the chicken with the remaining 3/4 teaspoon salt and 1/4 teaspoon pepper and add to the pan. Cover, reduce the heat, and simmer, turning once, until cooked through, about 8 minutes.
- ☐ Remove the chicken, let cool slightly, and then cut into 1/2-inch chunks.
- ☐ Add to the rice and asparagus.
- ☐ Add the tomato and red onion to the rice and then toss the salad with the dressing. Stir in the pine nuts just before serving.

Wine Recommendation: Vinegar and asparagus are hard to match with wine, but sauvignon blanc can handle both. Look for one from Friuli, Alto Adige, or Collio.

Nutrition Facts



Properties

Glycemic Index:63.05, Glycemic Load:46.16, Inflammation Score:-8, Nutrition Score:33.916086476782%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 7.47mg, Isorhamnetin: 7.47mg, Isorhamnetin: 7.47mg, Isorhamnetin: 7.47mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 20.2mg, Quercetin: 20.2mg, Quercetin: 20.2mg, Quercetin: 20.2mg

Nutrients (% of daily need)

Calories: 1070.52kcal (53.53%), Fat: 65.32g (100.49%), Saturated Fat: 11.92g (74.49%), Carbohydrates: 84.84g (28.28%), Net Carbohydrates: 79.67g (28.97%), Sugar: 4.85g (5.39%), Cholesterol: 148.17mg (49.39%), Sodium: 1332.97mg (57.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.07g (72.15%), Manganese: 2.37mg (118.29%), Vitamin K: 79.83µg (76.02%), Selenium: 46.44µg (66.34%), Vitamin B3: 10.43mg (52.16%), Vitamin E: 7.56mg (50.39%), Phosphorus: 493.23mg (49.32%), Vitamin B6: 0.86mg (42.96%), Copper: 0.69mg (34.57%), Iron: 5.35mg (29.72%), Zinc: 4.4mg (29.3%), Vitamin B5: 2.91mg (29.1%), Vitamin B1: 0.42mg (27.71%), Vitamin A: 1362.91IU (27.26%), Magnesium: 106.6mg (26.65%), Vitamin B2: 0.45mg (26.41%), Potassium: 874.94mg (25%), Folate: 86.45µg (21.61%), Fiber: 5.17g (20.68%), Vitamin C: 15.95mg (19.33%), Vitamin B12: 0.97µg (16.13%), Calcium: 83.93mg (8.39%), Vitamin D: 0.15µg (1.01%)