



## Rosemary Chicken and Wild Rice Skillet

 Dairy Free

READY IN



34 min.

SERVINGS



5

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup baby carrots
- 0.1 teaspoon pepper black
- 2 teaspoons bottled garlic minced
- 2 teaspoons rosemary dried crushed
- 14 ounce less-sodium chicken broth fat-free canned
- 3 tablespoons flour all-purpose
- 1 tablespoon olive oil divided
- 1 cup onion chopped (1 medium)

- 6.2 ounce fast-cooking rice long-grain wild (such as Uncle Ben's)
- 30 ounce chicken breast halves boneless skinless
- 2 cups pkt spinach fresh coarsely chopped
- 1 cup water

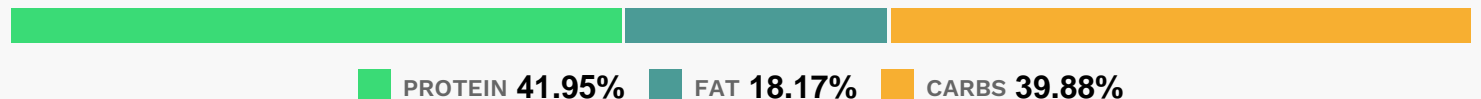
## Equipment

- frying pan

## Directions

- Remove seasoning packet from rice.
- Sprinkle chicken with 1 1/2 tablespoons seasoning mixture. Reserve remaining seasoning mixture.
- Combine flour, rosemary, and pepper in a shallow dish. Dredge chicken in flour mixture.
- Heat 2 teaspoons oil in a large skillet over medium heat.
- Add chicken to pan; cook 3 to 4 minutes on each side or until lightly browned.
- Remove chicken from pan; set aside.
- Heat remaining 1 teaspoon oil in pan over medium heat; saut carrots, onion, and garlic in hot oil 2 minutes.
- Add water and broth; bring to a boil. Stir in rice and remainder of seasoning packet; top with chicken. Cover, reduce heat, and simmer 10 minutes or until chicken is done.
- Remove from heat, and place chicken on serving plates.
- Add spinach to rice mixture, and stir until spinach wilts.
- Serve chicken with rice mixture.

## Nutrition Facts



## Properties

Glycemic Index:53.2, Glycemic Load:3.4, Inflammation Score:-10, Nutrition Score:32.310434854549%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

## **Nutrients (% of daily need)**

Calories: 399.56kcal (19.98%), Fat: 7.84g (12.07%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 38.74g (12.91%), Net Carbohydrates: 36.33g (13.21%), Sugar: 2.79g (3.11%), Cholesterol: 108.86mg (36.29%), Sodium: 559.1mg (24.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.75g (81.5%), Vitamin B3: 21.19mg (105.97%), Selenium: 71.58µg (102.26%), Vitamin A: 4708.85IU (94.18%), Vitamin B6: 1.44mg (72.22%), Vitamin K: 62.68µg (59.7%), Phosphorus: 437.77mg (43.78%), Folate: 148.97µg (37.24%), Vitamin B1: 0.51mg (34.09%), Manganese: 0.64mg (31.97%), Vitamin B5: 2.85mg (28.53%), Potassium: 850.93mg (24.31%), Iron: 3.85mg (21.39%), Magnesium: 67.32mg (16.83%), Vitamin B2: 0.26mg (15.4%), Zinc: 1.73mg (11.52%), Vitamin C: 9.1mg (11.02%), Copper: 0.2mg (9.89%), Fiber: 2.41g (9.65%), Vitamin B12: 0.5µg (8.32%), Vitamin E: 1mg (6.64%), Calcium: 53.32mg (5.33%), Vitamin D: 0.17µg (1.13%)