



Simple Chicken and Rice

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup buttermilk
- ☐ 3.5 lb cut-up chicken whole
- ☐ 14 oz chicken broth canned
- ☐ 0.5 cup cooking wine dry white
- ☐ 8 oz mushrooms fresh sliced
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 cups jasmine rice uncooked
- ☐ 0.5 teaspoon pepper

☐ 2 teaspoons salt divided

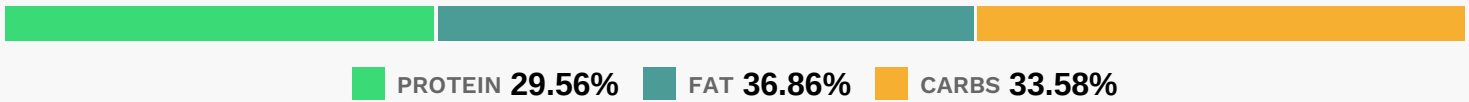
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Stir together rice, chicken broth, buttermilk, wine, mushrooms, and 1/2 tsp. salt. Spoon rice mixture into a lightly greased 13- x 9-inch baking dish.
- ☐ Sprinkle chicken with pepper and remaining 1 1/2 tsp. salt.
- ☐ Place chicken on top of rice mixture.
- ☐ Bake, covered, at 350 for 1 1/2 hours or until chicken is done.
- ☐ Sprinkle with parsley just before serving.
- ☐ *1/2 cup chicken broth may be substituted.

Nutrition Facts



Properties

Glycemic Index:33.86, Glycemic Load:30.52, Inflammation Score:-6, Nutrition Score:21.932608521503%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 664.98kcal (33.25%), Fat: 26.03g (40.05%), Saturated Fat: 7.67g (47.92%), Carbohydrates: 53.35g (17.78%), Net Carbohydrates: 52.06g (18.93%), Sugar: 2.5g (2.77%), Cholesterol: 131.63mg (43.88%), Sodium:

1221.53mg (53.11%), Alcohol: 2.06g (100%), Alcohol %: 0.75% (100%), Protein: 46.98g (93.95%), Selenium: 44.43µg (63.47%), Vitamin B3: 12.65mg (63.27%), Phosphorus: 421.85mg (42.19%), Manganese: 0.76mg (38.19%), Vitamin B6: 0.73mg (36.69%), Vitamin K: 36.73µg (34.98%), Zinc: 4.35mg (29%), Vitamin B2: 0.46mg (26.92%), Vitamin B5: 2.48mg (24.8%), Vitamin B12: 1.21µg (20.14%), Copper: 0.36mg (18.2%), Potassium: 600.52mg (17.16%), Iron: 2.9mg (16.08%), Magnesium: 63.09mg (15.77%), Vitamin B1: 0.17mg (11.13%), Vitamin A: 513.78IU (10.28%), Calcium: 81.91mg (8.19%), Vitamin C: 5.49mg (6.65%), Folate: 25.07µg (6.27%), Vitamin D: 0.79µg (5.24%), Fiber: 1.29g (5.15%), Vitamin E: 0.7mg (4.68%)