



Smothered Chicken with Brown Rice

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices oscar mayer bacon chopped
- 1.5 lb carrots thinly sliced
- 3 cups brown rice hot cooked
- 14 oz chicken broth fat-free divided reduced-sodium canned
- 4 oz philadelphia neufchatel cheese cubed ()
- 1 large onion chopped
- 1.5 lb chicken breasts boneless skinless

Equipment

- frying pan
- paper towels
- blender

Directions

- Cook and stir bacon in large nonstick skillet on medium heat 5 min. or until crisp.
- Remove bacon from skillet; drain on paper towels. Discard drippings from skillet.
- Add chicken, cook 1 to 2 min. on each side or until browned; cover. Cook 8 min. or until chicken is done (165F).
- Transfer chicken to plate; cover to keep warm.
- Add onions to skillet; cook 5 min. or until tender. Stir in carrots and 3/4 cup broth; cover. Simmer 10 min. or until vegetables are tender. Reserve 1/3 cup vegetables.
- Place remaining broth, reserved 1/3 cup vegetables and Neufchatel in blender; blend until smooth.
- Add sauce and reserved chicken to vegetables in skillet; cover. Cook 2 min. or until heated through. Spoon rice onto serving plate; top with chicken mixture, sauce and bacon.

Nutrition Facts



PROTEIN 30.01% **FAT 35.69%** **CARBS 34.3%**

Properties

Glycemic Index:3.4, Glycemic Load:2.05, Inflammation Score:-9, Nutrition Score:5.3508696271026%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 58.29kcal (2.91%), Fat: 2.29g (3.53%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.24g (1.54%), Sugar: 0.95g (1.06%), Cholesterol: 13.48mg (4.49%), Sodium: 92.14mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.67%), Vitamin A: 2552.79IU (51.06%), Vitamin B3: 2.07mg (10.37%), Manganese: 0.17mg (8.62%), Vitamin B6: 0.17mg (8.38%), Selenium: 5.73µg (8.18%), Phosphorus:

56.69mg (5.67%), Potassium: 131.75mg (3.76%), Vitamin B5: 0.35mg (3.53%), Magnesium: 12.49mg (3.12%), Vitamin B1: 0.04mg (2.91%), Fiber: 0.71g (2.86%), Vitamin B2: 0.03mg (2.03%), Vitamin K: 2.08µg (1.98%), Zinc: 0.27mg (1.78%), Vitamin C: 1.32mg (1.6%), Copper: 0.03mg (1.32%), Folate: 5.07µg (1.27%), Vitamin B12: 0.07µg (1.17%), Iron: 0.2mg (1.14%), Calcium: 11.26mg (1.13%), Vitamin E: 0.15mg (1.01%)