



Smothered Chicken with Brown Rice

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices oscar mayer bacon cut into 1-inch pieces
- 1 lb carrots thinly sliced
- 3 cups brown rice long-grain hot cooked
- 1 cup chicken broth fat-free divided reduced-sodium
- 2 oz philadelphia neufchatel cheese cubed ()
- 1 large onion chopped
- 1 lb chicken breasts boneless skinless

Equipment

- frying pan
- paper towels
- slotted spoon

Directions

- Cook and stir bacon in large nonstick skillet on medium heat until crisp. Use slotted spoon to remove bacon from skillet; drain on paper towels. Discard drippings from skillet.
- Add chicken to skillet; cook 5 to 6 min. on each side or until golden brown on both sides and done (165F).
- Transfer chicken to plate; cover to keep warm.
- Add vegetables and 1/2 cup broth to skillet; cover and simmer 10 min. or until vegetables are tender.
- Stir in remaining broth and Neufchatel; cook, uncovered, 2 min. or until Neufchatel is melted and sauce is thickened, stirring frequently. Return chicken to skillet; cook 2 min. or until heated through.
- Spoon rice onto serving plate; top with chicken, sauce and bacon.

Nutrition Facts



PROTEIN 28.1% **FAT 31.19%** **CARBS 40.71%**

Properties

Glycemic Index:25.21, Glycemic Load:4.51, Inflammation Score:-10, Nutrition Score:30.80304350542%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.85mg, Quercetin: 7.85mg, Quercetin: 7.85mg, Quercetin: 7.85mg

Nutrients (% of daily need)

Calories: 482.98kcal (24.15%), Fat: 16.62g (25.57%), Saturated Fat: 5.7g (35.6%), Carbohydrates: 48.81g (16.27%), Net Carbohydrates: 42.37g (15.41%), Sugar: 8.01g (8.9%), Cholesterol: 97.58mg (32.53%), Sodium: 643.69mg (27.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.69g (67.39%), Vitamin A: 19106.4IU (382.13%), Vitamin B3: 16.45mg (82.26%), Selenium: 57.02µg (81.45%), Manganese: 1.56mg (78.07%), Vitamin B6: 1.34mg

(66.76%), Phosphorus: 467.57mg (46.76%), Magnesium: 114.35mg (28.59%), Potassium: 982.22mg (28.06%), Vitamin B5: 2.66mg (26.6%), Fiber: 6.45g (25.78%), Vitamin B1: 0.37mg (24.86%), Vitamin B2: 0.28mg (16.33%), Vitamin K: 16.46µg (15.68%), Zinc: 2.3mg (15.35%), Copper: 0.27mg (13.32%), Vitamin C: 10.83mg (13.12%), Folate: 41.61µg (10.4%), Iron: 1.64mg (9.12%), Calcium: 86.3mg (8.63%), Vitamin B12: 0.49µg (8.21%), Vitamin E: 1.17mg (7.78%), Vitamin D: 0.2µg (1.34%)