



Sweet-and-Sour Chicken and Rice



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken thighs
- ☐ 1 cup fat-skimmed beef broth fat-free low-sodium,
- ☐ 2 garlic clove minced
- ☐ 2 spring onion chopped
- ☐ 1 cup rice long grain uncooked
- ☐ 1 small onion diced
- ☐ 0.5 teaspoon pepper
- ☐ 1 medium bell pepper red chopped

- ☐ 0.5 teaspoon salt
- ☐ 1 cup frangelico

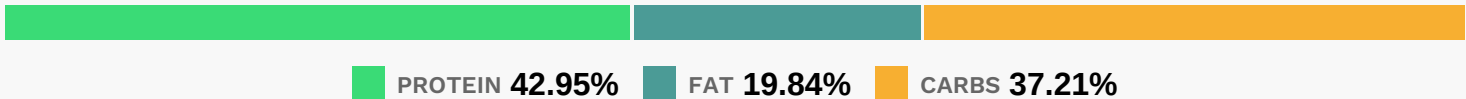
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Sprinkle salt and pepper evenly over chicken thighs.
- ☐ Brown chicken in a Dutch oven coated with cooking spray over medium-high heat 2 to 3 minutes on each side or until browned.
- ☐ Remove chicken from pan, and set aside.
- ☐ Add onion, bell pepper, and garlic to Dutch oven coated with cooking spray; saut 5 minutes.
- ☐ Add rice; saute 2 minutes or until rice is opaque. Stir in dressing and broth.
- ☐ Add chicken pieces; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until liquid is absorbed and chicken is done.
- ☐ Sprinkle with green onions.
- ☐ NOTE: For testing purposes only, we used Old Dutch Sweet & Sour Dressing.

Nutrition Facts



Properties

Glycemic Index:26.77, Glycemic Load:11.63, Inflammation Score:-5, Nutrition Score:13.439999818802%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 230.24kcal (11.51%), Fat: 4.93g (7.58%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 20.79g (6.93%), Net Carbohydrates: 19.9g (7.24%), Sugar: 1.14g (1.27%), Cholesterol: 107.73mg (35.91%), Sodium: 365.05mg (15.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24g (48%), Selenium: 29.93µg (42.76%), Vitamin B3: 7.04mg (35.2%), Vitamin B6: 0.61mg (30.59%), Phosphorus: 250.63mg (25.06%), Vitamin C: 20.49mg (24.83%), Vitamin B5: 1.7mg (16.96%), Manganese: 0.33mg (16.72%), Vitamin B2: 0.24mg (13.91%), Zinc: 2.06mg (13.7%), Vitamin B12: 0.78µg (13.04%), Potassium: 370.07mg (10.57%), Vitamin A: 523.79IU (10.48%), Vitamin K: 10.5µg (10%), Vitamin B1: 0.14mg (9.04%), Magnesium: 35.81mg (8.95%), Iron: 1.28mg (7.14%), Copper: 0.13mg (6.61%), Folate: 17.14µg (4.28%), Fiber: 0.89g (3.55%), Vitamin E: 0.48mg (3.23%), Calcium: 25.03mg (2.5%)