



Swiss N' Chicken Vegetable Marinara Rice Bake

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



369 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups brown white
- ☐ 2 large chicken breasts shredded cooked
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 cups vegetables mixed frozen
- ☐ 3 cloves garlic minced
- ☐ 1.5 teaspoons kosher salt

- ☐ 1 large onion diced finely
- ☐ 0.3 cup parmesan cheese
- ☐ 26 ounce pasta sauce
- ☐ 8 slices swiss cheese

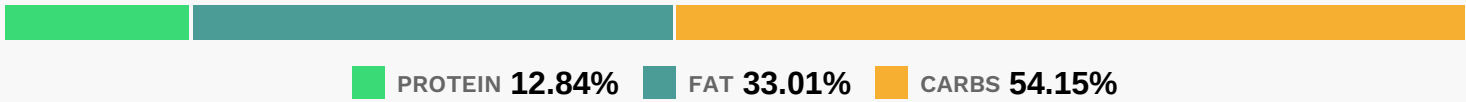
Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F. and cook 2 cups dry rice according to package directions.
- ☐ Heat oil in large dutch oven over medium heat.
- ☐ Saute onions, cooking and stirring for 5 minutes, until tender.
- ☐ Add garlic and cook for 1 minute.
- ☐ Add rice, salt and pepper, stirring to combine. Stir in vegetables, pasta sauce, Parmesan, and shredded chicken.
- ☐ Transfer to 9×13 baking dish spreading evenly. Top with Swiss cheese and bake for 20 minutes, until cheese is melted and hot.

Nutrition Facts



Properties

Glycemic Index:36.77, Glycemic Load:26.37, Inflammation Score:-9, Nutrition Score:15.19347827752%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 368.68kcal (18.43%), Fat: 13.69g (21.06%), Saturated Fat: 4.72g (29.49%), Carbohydrates: 50.54g (16.85%), Net Carbohydrates: 46.37g (16.86%), Sugar: 4.17g (4.63%), Cholesterol: 18.12mg (6.04%), Sodium: 979.25mg (42.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.96%), Vitamin A: 2876.21IU (57.52%), Manganese: 0.77mg (38.72%), Calcium: 232.79mg (23.28%), Phosphorus: 232.01mg (23.2%), Selenium: 13.86µg (19.8%), Fiber: 4.18g (16.71%), Vitamin E: 2.46mg (16.43%), Vitamin C: 12.92mg (15.66%), Copper: 0.27mg (13.59%), Potassium: 472.51mg (13.5%), Vitamin B6: 0.26mg (13.12%), Zinc: 1.79mg (11.94%), Vitamin B3: 2.29mg (11.46%), Magnesium: 45.72mg (11.43%), Vitamin B2: 0.19mg (11.18%), Iron: 1.85mg (10.28%), Vitamin B5: 0.95mg (9.49%), Vitamin B12: 0.55µg (9.19%), Vitamin B1: 0.12mg (8.28%), Folate: 30.57µg (7.64%), Vitamin K: 7.28µg (6.93%)