

# Thighs on Rice

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup butter
- 2 cubes chicken bouillon
- 6 chicken thighs
- 1 onion chopped
- 1 teaspoon penzey's southwest seasoning italian-style
- 2 cups water
- 1 cup rice white uncooked

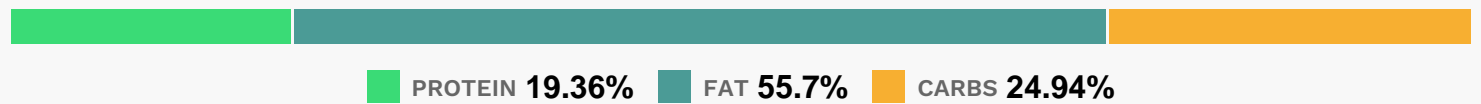
## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Dissolve bouillon in 1 tablespoon water. In a medium bowl combine the rice, butter/margarine, onion and 2 cups water.
- Mix well and pour mixture into a 9x13 inch baking dish.
- Place thighs on top of rice mixture and season to taste.
- Bake in the preheated oven for 35 to 45 minutes (depends on the size of the thighs).

## Nutrition Facts



## Properties

Glycemic Index:23.86, Glycemic Load:15.22, Inflammation Score:-3, Nutrition Score:10.690869626792%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 436.06kcal (21.8%), Fat: 26.68g (41.04%), Saturated Fat: 9.99g (62.44%), Carbohydrates: 26.88g (8.96%), Net Carbohydrates: 26.03g (9.46%), Sugar: 0.83g (0.93%), Cholesterol: 131.08mg (43.69%), Sodium: 155.47mg (6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.86g (41.73%), Selenium: 25.99µg (37.13%), Vitamin B3: 5.78mg (28.91%), Vitamin B6: 0.46mg (23.2%), Phosphorus: 222.09mg (22.21%), Manganese: 0.39mg (19.69%), Vitamin B5: 1.5mg (14.97%), Vitamin B12: 0.74µg (12.32%), Zinc: 1.81mg (12.03%), Vitamin B2: 0.17mg (10.25%), Potassium: 300.36mg (8.58%), Magnesium: 32.9mg (8.22%), Vitamin B1: 0.11mg (7.65%), Copper: 0.15mg (7.37%), Vitamin A: 330.54IU (6.61%), Iron: 1.17mg (6.48%), Vitamin K: 5.21µg (4.96%), Vitamin E: 0.56mg (3.7%), Fiber: 0.85g (3.42%), Calcium: 31.87mg (3.19%), Folate: 10.42µg (2.6%), Vitamin C: 1.36mg (1.65%)