



Uncle Josh's Famous Chicken and Rice



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 6 servings thyme leaves dried to taste
- ☐ 6 servings ground cumin to taste
- ☐ 2 cups rice instant
- ☐ 6 servings lemon pepper to taste
- ☐ 6 servings lemon and herb seasoning to taste
- ☐ 6 chicken breast halves boneless skinless
- ☐ 1.3 cups water

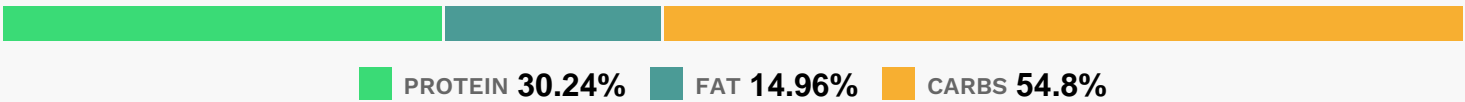
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Prepare instant rice according to package directions. (Note: 2 cups of uncooked rice will yield about 4 cups of cooked rice.)
- ☐ In a 9x13 inch baking dish, thoroughly mix the cooked rice, soup, water, lemon pepper, lemon and herb seasoning, cumin and thyme. Press chicken breasts into mixture until only the tops show.
- ☐ Cover and cook 30 minutes in the preheated oven. Pierce chicken breasts with a fork. Continue cooking 30 minutes. Enjoy!

Nutrition Facts



Properties

Glycemic Index:28.86, Glycemic Load:31.28, Inflammation Score:-8, Nutrition Score:18.179999942365%

Nutrients (% of daily need)

Calories: 406.63kcal (20.33%), Fat: 6.57g (10.1%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 54.15g (18.05%), Net Carbohydrates: 52.82g (19.21%), Sugar: 0.39g (0.43%), Cholesterol: 76.38mg (25.46%), Sodium: 495.46mg (21.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.89g (59.77%), Selenium: 46.54µg (66.49%), Vitamin B3: 13.07mg (65.35%), Vitamin B6: 0.96mg (47.9%), Manganese: 0.86mg (43%), Phosphorus: 331.28mg (33.13%), Vitamin B5: 2.34mg (23.36%), Vitamin K: 19.9µg (18.95%), Iron: 3.37mg (18.72%), Potassium: 542.58mg (15.5%), Magnesium: 53.52mg (13.38%), Copper: 0.26mg (12.95%), Zinc: 1.59mg (10.61%), Vitamin B2: 0.17mg (10.25%), Vitamin B1: 0.13mg (8.91%), Calcium: 60.6mg (6.06%), Fiber: 1.33g (5.31%), Vitamin E: 0.67mg (4.45%), Vitamin B12: 0.23µg (3.77%), Vitamin A: 178.14IU (3.56%), Folate: 13.34µg (3.34%), Vitamin C: 1.98mg (2.4%)