



Wild Rice Spaghetti Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



365 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups chicken broth
- 2 cups pasta like spaghetti cooked drained
- 3 green onions chopped
- 1 tablespoon olive oil
- 0.3 cup bell pepper red chopped
- 2 chicken breast whole boneless skinless cubed
- 1 cup rice wild

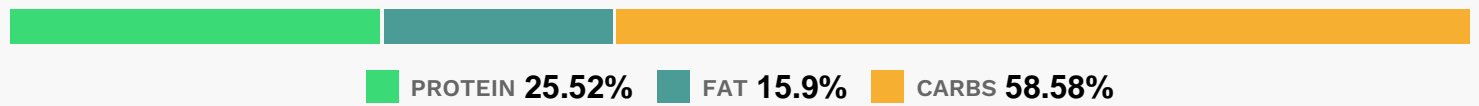
Equipment

frying pan

Directions

- Saute chicken pieces in olive oil and set aside. In the same pan saute wild rice, green onions and red pepper pieces (about 3 minutes).
- Add chicken broth, cover and simmer for 15 minutes.
- Add the chicken and cooked spaghetti. Cook another 10 to 12 minutes covered (stir at least once to prevent spaghetti from sticking). When ready, chicken should be very tender and have a nice creamy sauce to dish onto the plate.

Nutrition Facts



Properties

Glycemic Index:42.13, Glycemic Load:25.51, Inflammation Score:-7, Nutrition Score:18.872173884641%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 364.63kcal (18.23%), Fat: 6.46g (9.94%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 53.56g (17.85%), Net Carbohydrates: 49.39g (17.96%), Sugar: 2.75g (3.06%), Cholesterol: 39.69mg (13.23%), Sodium: 724.81mg (31.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.33g (46.66%), Selenium: 38.45µg (54.93%), Vitamin B3: 9.39mg (46.95%), Manganese: 0.87mg (43.57%), Phosphorus: 345.25mg (34.53%), Vitamin B6: 0.65mg (32.32%), Magnesium: 102.77mg (25.69%), Zinc: 3.25mg (21.67%), Vitamin K: 22.07µg (21.02%), Vitamin C: 14.29mg (17.32%), Vitamin B2: 0.29mg (17.32%), Fiber: 4.17g (16.68%), Copper: 0.33mg (16.52%), Potassium: 486.9mg (13.91%), Folate: 55.2µg (13.8%), Vitamin B5: 1.37mg (13.65%), Iron: 2.21mg (12.25%), Vitamin B1: 0.14mg (9.54%), Vitamin E: 1.25mg (8.32%), Vitamin A: 409.38IU (8.19%), Calcium: 30.34mg (3.03%), Vitamin B12: 0.15µg (2.47%)