



20-Minute Chicken & Rice Stir-Fry Dinner

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups broccoli florets
- 12 oz oscar mayer carving board flame grilled chicken breast strips
- 2 cups rice white instant uncooked
- 1 Tbsp oil
- 1 slices onion
- 1 large bell pepper red cut into strips
- 0.3 cup lite soy sauce
- 1.8 cups water

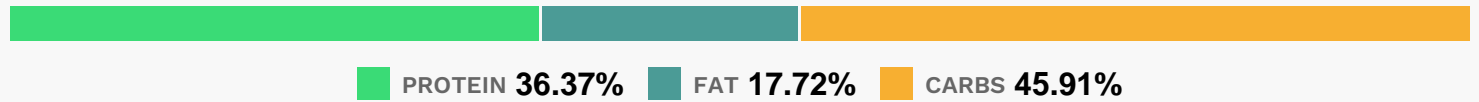
Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add vegetables; stir-fry 5 min.
- Stir in water and soy sauce. Bring to boil.
- Add rice and chicken; mix well. Cover; cook on low heat 5 min. or until rice is tender and chicken mixture is heated through.

Nutrition Facts



Properties

Glycemic Index:5.3, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:5.697391346097%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 74.76kcal (3.74%), Fat: 1.45g (2.23%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 7.84g (2.85%), Sugar: 0.6g (0.67%), Cholesterol: 14.46mg (4.82%), Sodium: 233.83mg (10.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.4%), Vitamin C: 18.67mg (22.62%), Vitamin B3: 3.23mg (16.13%), Selenium: 8.16µg (11.66%), Vitamin K: 10.25µg (9.76%), Folate: 34.66µg (8.67%), Vitamin B6: 0.16mg (8.05%), Vitamin B1: 0.1mg (7%), Manganese: 0.14mg (6.8%), Vitamin A: 317.02IU (6.34%), Phosphorus: 62.3mg (6.23%), Iron: 0.91mg (5.08%), Vitamin B5: 0.29mg (2.95%), Potassium: 101.14mg (2.89%), Magnesium: 10.86mg (2.71%), Vitamin B2: 0.05mg (2.68%), Vitamin E: 0.37mg (2.48%), Zinc: 0.37mg (2.47%), Fiber: 0.62g (2.46%), Copper: 0.04mg (1.91%), Calcium: 10.85mg (1.08%)