



30-Minute Almond Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



30

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup planters almonds sliced
- 1 cup chicken broth
- 2 cups green beans fresh trimmed halved
- 1 cup rice white instant uncooked
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.8 lb chicken thighs boneless skinless

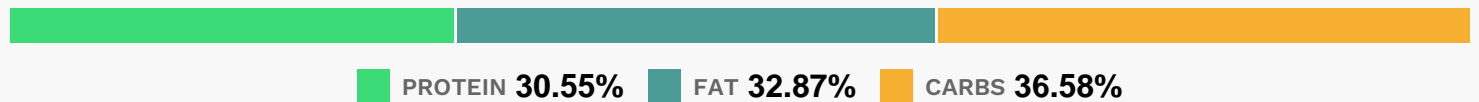
Equipment

- frying pan

Directions

- Cook chicken in dressing in large nonstick skillet on medium-high heat 4 min. on each side or until evenly browned.
- Add broth; bring to boil. Cover; simmer 5 min.
- Add beans; cook 5 min. or until chicken is done (165F).
- Remove chicken; cover to keep warm.
- Stir rice and nuts into beans.
- Remove from heat; cover.
- Let stand 5 min.; fluff rice.
- Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:1.87, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:2.1843478290931%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 36.27kcal (1.81%), Fat: 1.32g (2.03%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 2.96g (1.08%), Sugar: 0.52g (0.58%), Cholesterol: 10.93mg (3.64%), Sodium: 59.33mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.53%), Selenium: 3.78µg (5.39%), Vitamin B3: 0.94mg (4.68%), Vitamin K: 4.58µg (4.36%), Manganese: 0.07mg (3.38%), Vitamin B6: 0.07mg (3.33%), Phosphorus: 31.67mg (3.17%), Vitamin B1: 0.05mg (3.09%), Folate: 11.09µg (2.77%), Vitamin B2: 0.04mg (2.46%), Iron: 0.39mg (2.14%), Vitamin E: 0.29mg (1.96%), Magnesium: 7.09mg (1.77%), Zinc: 0.26mg (1.74%), Vitamin B5: 0.17mg (1.69%), Potassium: 52.7mg (1.51%), Fiber: 0.35g (1.39%), Copper: 0.03mg (1.3%), Vitamin B12: 0.07µg (1.24%), Vitamin C: 0.9mg (1.09%), Vitamin A: 54.19IU (1.08%)