



 **59%**
HEALTH SCORE

Apple-Sesame Chicken

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups broccoli florets fresh
- 0.3 cup celery thinly sliced
- 1.5 cups rice long-grain hot cooked
- 0.3 teaspoon curry powder
- 1 tablespoon butter reduced-calorie
- 0.8 cup mushrooms sliced
- 1 cup delicious apple red cubed (1 medium)
- 0.3 teaspoon salt

- 0.5 teaspoon sesame seed toasted
- 12 ounce chicken breast halves boneless skinless cut into thin strips
- 1 tablespoon water

Equipment

- frying pan

Directions

- Melt margarine in a large nonstick skillet over medium-high heat.
- Add chicken; stir-fry 3 minutes.
- Add broccoli and next 6 ingredients; cover, reduce heat, and simmer 5 minutes or until vegetables are crisp-tender, stirring often.
- To serve, spoon 3/4 cup rice onto each plate; top evenly with chicken mixture.
- Sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:138.5, Glycemic Load:40.25, Inflammation Score:-9, Nutrition Score:38.916086813678%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Kaempferol: 10.82mg, Kaempferol: 10.82mg, Kaempferol: 10.82mg, Kaempferol: 10.82mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

Nutrients (% of daily need)

Calories: 490.57kcal (24.53%), Fat: 11.41g (17.55%), Saturated Fat: 2.46g (15.38%), Carbohydrates: 52.94g (17.65%), Net Carbohydrates: 46.72g (16.99%), Sugar: 9.77g (10.86%), Cholesterol: 108.86mg (36.29%), Sodium: 613.32mg (26.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.69g (89.39%), Vitamin C: 127.86mg (154.99%), Vitamin K: 144.89µg (137.99%), Vitamin B3: 20.52mg (102.59%), Selenium: 70.35µg (100.49%), Vitamin B6: 1.7mg (85.15%), Phosphorus: 544.74mg (54.47%), Manganese: 0.95mg (47.35%), Vitamin B5: 4.28mg (42.82%), Potassium: 1325.55mg (37.87%), Vitamin B2: 0.52mg (30.46%), Folate: 109.83µg (27.46%), Fiber: 6.23g (24.91%), Vitamin A: 1244.76IU (24.9%), Magnesium: 97.55mg (24.39%), Vitamin B1: 0.28mg (18.48%), Copper: 0.35mg (17.71%), Zinc: 2.41mg (16.04%), Iron: 2.29mg (12.73%), Vitamin E: 1.86mg (12.39%), Calcium: 102.96mg (10.3%), Vitamin B12: 0.36µg (6.03%), Vitamin D: 0.24µg (1.61%)