



Asian Chicken and Rice



Gluten Free



Dairy Free

READY IN



6 min.

SERVINGS



4

CALORIES



384 kcal

Ingredients

- ☐ 2 teaspoons bottled garlic minced
- ☐ 3 tablespoons cashew pieces unsalted divided coarsely chopped
- ☐ 1.8 cups chicken breast frozen cooked chopped
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup hoisin sauce
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 cup onion frozen chopped
- ☐ 1 cup converted rice uncooked

- ☐ 2 cups water
- ☐ 2 small zucchini coarsely chopped

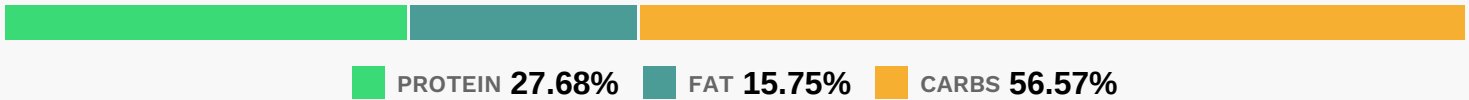
Equipment

- ☐ frying pan

Directions

- ☐ Bring water to a boil in a covered large deep skillet.
- ☐ Add chicken and next 8 ingredients to pan, stirring well. Bring to a boil; cover, reduce heat, and simmer 21 minutes or until rice is just tender and liquid is nearly absorbed.
- ☐ Sprinkle each serving with chopped cashews.
- ☐ Serve on lettuce leaves or wrap chicken mixture in lettuce leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:47.6, Glycemic Load:24.01, Inflammation Score:-6, Nutrition Score:16.266956646805%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg

Nutrients (% of daily need)

Calories: 383.88kcal (19.19%), Fat: 6.65g (10.23%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 53.74g (17.91%), Net Carbohydrates: 50.98g (18.54%), Sugar: 8.44g (9.38%), Cholesterol: 52.58mg (17.53%), Sodium: 629.78mg (27.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.29g (52.58%), Vitamin B3: 9.86mg (49.29%), Manganese: 0.92mg (45.81%), Selenium: 26.43µg (37.76%), Vitamin B6: 0.68mg (33.81%), Phosphorus: 295.44mg (29.54%), Copper: 0.4mg (19.86%), Magnesium: 77.54mg (19.38%), Vitamin C: 14.46mg (17.53%), Potassium: 534mg (15.26%), Vitamin B5: 1.35mg (13.49%), Vitamin B2: 0.22mg (13.17%), Zinc: 1.97mg (13.15%), Iron: 2.16mg (12%), Fiber: 2.76g (11.03%), Vitamin B1: 0.16mg (10.75%), Folate: 37.49µg (9.37%), Vitamin K: 6.37µg (6.06%), Calcium: 60.07mg (6.01%), Vitamin A: 183.48IU (3.67%), Vitamin B12: 0.21µg (3.47%), Vitamin E: 0.5mg (3.32%)