



Asian Chicken and Rice from Uncle Ben's®



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups asian vegetables such as bok choy red assorted
- ☐ 4 chicken breast halves
- ☐ 1.5 cups chicken broth
- ☐ 2 cloves garlic minced
- ☐ 2 teaspoons gingerroot minced
- ☐ 0.3 cup green onions sliced
- ☐ 1.5 cups uncle ben's® fast & grain brown rice whole instant
- ☐ 1 teaspoon sesame oil

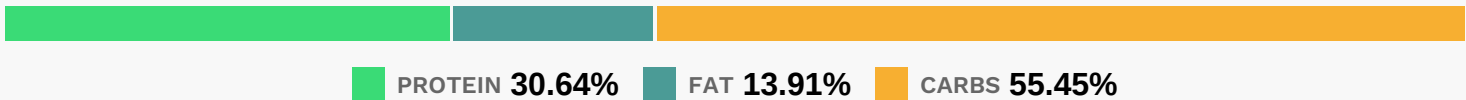
Equipment

☐ frying pan

Directions

- ☐ Spray a 10-inch skillet with nonstick spray and heat over medium heat until hot.
- ☐ Add the chicken breasts and cook for 2–3 minutes until golden brown on both sides.
- ☐ Add the gingerroot and garlic, cook for 30 seconds.
- ☐ Add the chicken broth, rice and sesame oil. Cover and bring to a boil, reduce heat and cook for 5 minutes.
- ☐ Add assorted vegetables and continue to cook until liquid is absorbed. Just before serving, stir in green onions.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.26, Inflammation Score:-9, Nutrition Score:30.575652060301%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 411.49kcal (20.57%), Fat: 6.27g (9.65%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 56.25g (18.75%), Net Carbohydrates: 53.08g (19.3%), Sugar: 1.77g (1.96%), Cholesterol: 74.08mg (24.69%), Sodium: 498.39mg (21.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.08g (62.16%), Manganese: 2.78mg (138.75%), Vitamin B3: 15.82mg (79.12%), Selenium: 53.27µg (76.09%), Vitamin B6: 1.33mg (66.27%), Phosphorus: 496.22mg (49.62%), Vitamin A: 2443.81IU (48.88%), Vitamin K: 38.53µg (36.7%), Magnesium: 141.5mg (35.37%), Vitamin C: 26.67mg (32.33%), Vitamin B5: 2.72mg (27.16%), Vitamin B1: 0.4mg (26.45%), Potassium: 748.38mg (21.38%), Vitamin B2: 0.27mg (16.07%), Zinc: 2.26mg (15.09%), Folate: 57.2µg (14.3%), Copper: 0.26mg (12.94%), Fiber: 3.17g (12.67%), Iron: 2.04mg (11.35%), Calcium: 87.63mg (8.76%), Vitamin E: 1.18mg (7.88%), Vitamin B12: 0.24µg (4.06%)