



Asian Chicken Rice Bowls

READY IN



25 min.

SERVINGS



5

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.7 cups water hot
- 1 box asian - teriyaki rice asian helper®
- 1 tablespoon vegetable oil
- 1 lb chicken breast boneless skinless cut into 1-inch pieces
- 0.3 cup water
- 1 lb savory vegetable frozen thawed drained
- 2 tablespoons slivered almonds

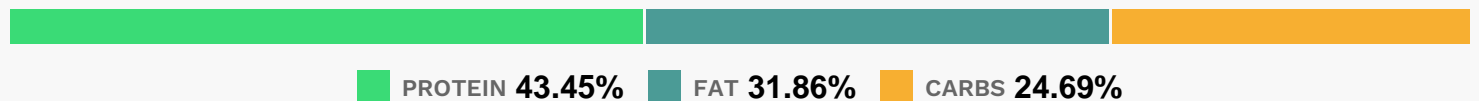
Equipment

- bowl
- frying pan
- sauce pan

Directions

- In 2-quart saucepan, heat 1 2/3 cups hot water and uncooked rice (from Asian Helper box) to boiling, stirring occasionally. Reduce heat; cover and simmer about 10 minutes or until liquid is absorbed.
- Meanwhile, in 10-inch skillet, heat oil over medium-high heat. Cook chicken in oil 3 to 5 minutes, stirring occasionally, until outside of chicken turns white. Stir in seasoning mix (from Asian Helper box), 1/4 cup water and the vegetables; heat to boiling.
- Reduce heat; cover and simmer about 6 minutes, stirring occasionally, until vegetables are crisp-tender. To serve, spoon chicken mixture over bowls of hot rice.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:3.9, Inflammation Score:-10, Nutrition Score:18.314348018688%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 209.04kcal (10.45%), Fat: 7.54g (11.6%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 13.15g (4.38%), Net Carbohydrates: 9.01g (3.28%), Sugar: 0.18g (0.2%), Cholesterol: 58.06mg (19.35%), Sodium: 153.37mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.14g (46.27%), Vitamin A: 4636.34IU (92.73%), Vitamin B3: 10.75mg (53.73%), Selenium: 29.56µg (42.22%), Vitamin B6: 0.77mg (38.6%), Phosphorus: 263.27mg (26.33%), Fiber: 4.13g (16.53%), Manganese: 0.33mg (16.32%), Potassium: 557.53mg (15.93%), Vitamin B5: 1.46mg (14.59%), Magnesium: 57.07mg (14.27%), Vitamin C: 10.53mg (12.76%), Vitamin B2: 0.21mg (12.56%), Vitamin B1: 0.18mg

(11.81%), Vitamin E: 1.42mg (9.46%), Copper: 0.16mg (8.23%), Folate: 31.71µg (7.93%), Iron: 1.35mg (7.48%), Zinc: 1.07mg (7.12%), Vitamin K: 5.18µg (4.94%), Calcium: 40.73mg (4.07%), Vitamin B12: 0.18µg (3.02%)