



# Asian Marinated Chicken with Corn and Basil Faux-Fried Rice

 Gluten Free  Dairy Free

READY IN



165 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup rice uncooked
- 0.8 cup ears corn fresh yellow ( 2 small ears)
- 0.3 cup basil fresh chopped
- 2 cloves garlic minced
- 0.3 cup spring onion sliced
- 2 tablespoons spring onion thinly sliced
- 1 lime

- 1 tablespoon soy sauce
- 3 tablespoons soy sauce
- 2 tablespoons rice wine sweet ( rice wine)
- 1 tablespoon olive oil
- 8 chicken thighs bone-in skinless

## Equipment

- frying pan
- oven
- ziploc bags
- wok

## Directions

- To prepare chicken, place first 4 ingredients in a large zip-top plastic bag.
- Add chicken to bag; seal. Marinate in refrigerator for 2 hours, turning after 1 hour.
- Preheat oven to 37
- Heat a large ovenproof skillet over medium-high heat.
- Add 1 tablespoon oil to pan; swirl to coat.
- Remove chicken from bag; discard marinade.
- Add chicken to pan, meaty sides down; saut 3 minutes. Turn chicken over; place skillet in oven.
- Bake at 375 for 10 minutes or until chicken is done.
- Let chicken stand 5 minutes.
- To prepare rice, cook rice for 15 minutes in boiling water; drain.
- Heat a large skillet or wok over medium-high heat.
- Add 1 tablespoon oil to pan; swirl to coat.
- Add 2 tablespoons onions to pan; saut for 30 seconds, stirring constantly.
- Add rice, corn, and 1 tablespoon soy sauce; saut for 5 minutes, stirring occasionally.

Remove from heat; stir in basil. Divide rice evenly among 4 plates, and top each serving with 2 chicken thighs. Grate lime rind over chicken.

Cut lime into wedges, and serve with chicken.

## Nutrition Facts

**PROTEIN 43.81%** **FAT 28.2%** **CARBS 27.99%**

### Properties

Glycemic Index:64.3, Glycemic Load:11.86, Inflammation Score:-5, Nutrition Score:22.768695727639%

### Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

### Nutrients (% of daily need)

Calories: 411.89kcal (20.59%), Fat: 12.52g (19.27%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 27.97g (9.32%), Net Carbohydrates: 26.19g (9.52%), Sugar: 2.38g (2.64%), Cholesterol: 193.8mg (64.6%), Sodium: 765.48mg (33.28%), Alcohol: 1.21g (100%), Alcohol %: 0.49% (100%), Protein: 43.78g (87.56%), Selenium: 50.3µg (71.85%), Vitamin B3: 12.54mg (62.72%), Vitamin B6: 1.03mg (51.58%), Phosphorus: 469.62mg (46.96%), Vitamin K: 37.94µg (36.13%), Vitamin B5: 2.99mg (29.86%), Vitamin B2: 0.44mg (25.94%), Zinc: 3.7mg (24.65%), Manganese: 0.46mg (22.91%), Vitamin B12: 1.31µg (21.76%), Potassium: 716.84mg (20.48%), Magnesium: 78.86mg (19.71%), Vitamin B1: 0.26mg (17.54%), Iron: 2.54mg (14.13%), Vitamin C: 9.59mg (11.63%), Copper: 0.22mg (10.94%), Folate: 38.13µg (9.53%), Vitamin E: 1.09mg (7.29%), Fiber: 1.78g (7.1%), Vitamin A: 300.43IU (6.01%), Calcium: 49.65mg (4.96%)