



WHATSheATE



Caribbean Chicken Fried Rice

READY IN



30 min.

SERVINGS



4

CALORIES



300 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4.8 oz asian – teriyaki rice betty asian helper®
- ☐ 1.8 cups chicken broth reduced-sodium (from 32-oz carton)
- ☐ 6 medium spring onion
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.8 teaspoon ground allspice
- ☐ 0.5 teaspoon garlic powder
- ☐ 14 oz chicken breast cut in half crosswise (not breaded)
- ☐ 1 tablespoon canola oil
- ☐ 8 oz dole pineapple tidbits drained canned

☐ 1 cup peas sweet frozen thawed (from 12-oz bag)

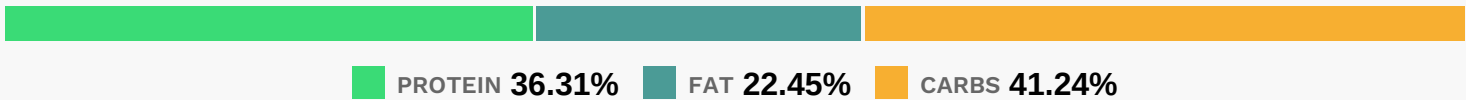
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ ziploc bags

Directions

- ☐ In 2-quart saucepan, place uncooked rice and seasoning mix (from Asian Helper box); stir in broth.
- ☐ Heat to boiling; reduce heat to medium-low. Cover; cook 15 to 18 minutes, stirring once, until rice is tender.
- ☐ Meanwhile, reserve tops of 2 of the green onions; slice remaining onions. In large resealable food-storage plastic bag, mix flour, allspice and garlic powder.
- ☐ Add chicken to bag; seal and shake to coat chicken with spices. In 10-inch nonstick skillet, heat oil over medium-high heat. Cook chicken and sliced onions in oil 3 to 4 minutes, turning chicken once, until no longer pink in center.
- ☐ Add pineapple and cooked rice to skillet with chicken. Cook and stir 1 minute or until pineapple is hot.
- ☐ Slice reserved green onion tops diagonally into 1-inch pieces; sprinkle over chicken mixture.

Nutrition Facts



Properties

Glycemic Index:42.83, Glycemic Load:2.81, Inflammation Score:-7, Nutrition Score:20.155217427274%

Flavonoids

Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 300.08kcal (15%), Fat: 7.54g (11.6%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 31.15g (10.38%), Net Carbohydrates: 27.06g (9.84%), Sugar: 11.36g (12.62%), Cholesterol: 63.5mg (21.17%), Sodium: 310.45mg (13.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.44g (54.87%), Vitamin B3: 13.36mg (66.8%), Vitamin K: 58.66µg (55.87%), Selenium: 33.5µg (47.86%), Vitamin B6: 0.88mg (43.94%), Vitamin C: 25.73mg (31.19%), Phosphorus: 294.79mg (29.48%), Potassium: 725.27mg (20.72%), Vitamin A: 970.01IU (19.4%), Vitamin B1: 0.27mg (18.09%), Fiber: 4.1g (16.39%), Vitamin B5: 1.48mg (14.8%), Vitamin B2: 0.24mg (13.91%), Magnesium: 53.01mg (13.25%), Folate: 50.69µg (12.67%), Copper: 0.23mg (11.47%), Manganese: 0.23mg (11.35%), Iron: 1.85mg (10.25%), Zinc: 1.3mg (8.67%), Vitamin E: 0.99mg (6.58%), Calcium: 51.92mg (5.19%), Vitamin B12: 0.3µg (5.03%)