



 **51%**  
HEALTH SCORE

## Chicken and Broccoli Rice Bowl

 **Gluten Free**  **Dairy Free**

READY IN



**22 min.**

SERVINGS



**3**

CALORIES



**610 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons almonds toasted sliced
- 0.3 teaspoon pepper black
- 3 cups broccoli florets
- 8.8 ounce brown rice (such as Uncle Ben's)
- 0.5 cup spring onion chopped
- 0.3 teaspoon kosher salt
- 1 tablespoon olive oil
- 3 ounces processed cheese food light cut into 1-inch pieces (such as Velveeta )

- 8 ounces chicken breast boneless skinless cut into bite-size pieces
- 3 servings thyme leaves

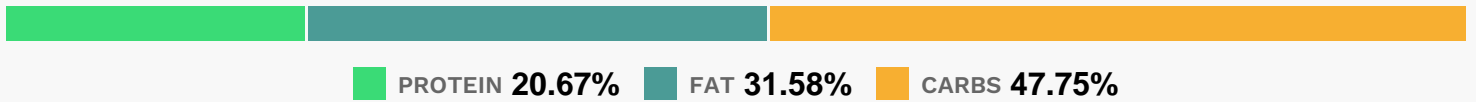
## Equipment

- frying pan

## Directions

- Steam broccoli 5 minutes or until crisp-tender.
- Heat rice according to directions.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add chicken; sprinkle with salt and pepper. Cook for 4 minutes or until done, stirring occasionally.
- Add onions and cheese, stirring until cheese begins to melt. Stir in rice; fold in broccoli. Cook 1 minute or until thoroughly heated.
- Sprinkle with almonds.

## Nutrition Facts



## Properties

Glycemic Index:78.92, Glycemic Load:37.39, Inflammation Score:-10, Nutrition Score:39.162173711735%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 7.39mg, Kaempferol: 7.39mg, Kaempferol: 7.39mg, Kaempferol: 7.39mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

## Nutrients (% of daily need)

Calories: 609.95kcal (30.5%), Fat: 21.58g (33.2%), Saturated Fat: 7.01g (43.79%), Carbohydrates: 73.45g (24.48%), Net Carbohydrates: 66.81g (24.29%), Sugar: 2.87g (3.19%), Cholesterol: 76.73mg (25.58%), Sodium: 791.51mg (34.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.78g (63.57%), Manganese: 3.54mg (177.23%), Vitamin K: 131.29µg (125.04%), Vitamin C: 86.81mg (105.23%), Phosphorus: 659.63mg (65.96%), Vitamin B3: 12.42mg (62.1%), Vitamin B6: 1.19mg (59.37%), Magnesium: 188.28mg (47.07%), Selenium: 32.58µg (46.54%), Calcium: 405.13mg (40.51%), Vitamin B1: 0.48mg (32.28%), Vitamin B5: 3mg (30.05%), Potassium: 930.82mg (26.59%), Fiber: 6.64g (26.57%), Vitamin E: 3.55mg (23.68%), Folate: 93.33µg (23.33%), Zinc: 3.49mg (23.27%), Vitamin B2: 0.38mg (22.27%), Vitamin A: 1072.17IU (21.44%), Copper: 0.4mg (19.94%), Iron: 3.33mg (18.51%), Vitamin B12: 0.58µg (9.61%), Vitamin D: 0.25µg (1.64%)