



Chicken & Golden Rice



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



30

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup chicken broth
- ☐ 0.5 cup cilantro leaves
- ☐ 1 clove garlic minced
- ☐ 30 servings ground pepper
- ☐ 1 cup jasmine rice rinsed
- ☐ 30 servings lemon wedges
- ☐ 0.5 tablespoon oil
- ☐ 30 servings salt

- ☐ 3 cups meat from a rotisserie chicken shredded cooked
- ☐ 0.3 cup soya sauce
- ☐ 1 tablespoon sriracha chile sauce
- ☐ 0.5 cup torn thai basil
- ☐ 0.1 teaspoon turmeric
- ☐ 0.5 onion white thinly sliced (small)

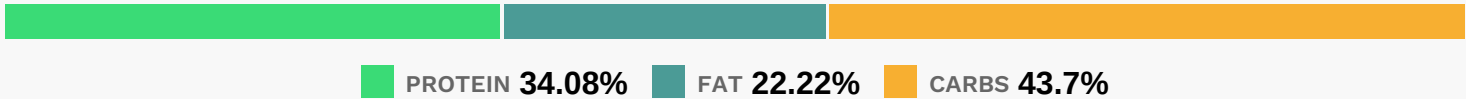
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a small saucepan, cook the garlic in the oil over moderate heat for 1 minute.
- ☐ Add the turmeric and rice and cook for 1 minute.
- ☐ Add the broth and bring to a boil. Cover and cook over low heat for 10 minutes.
- ☐ Remove the pan from the heat and let stand for 5 minutes. Fluff the rice, season with salt and pepper and cover.
- ☐ In a bowl, toss the chicken with the onion, basil, cilantro and 1 tablespoon of fresh lemon juice and transfer to plates. In a small bowl, combine the soy sauce and Sriracha.
- ☐ Serve the chicken with the rice, dipping sauce and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:9.92, Glycemic Load:3.06, Inflammation Score:-1, Nutrition Score:2.0843478182088%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg,

Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 51.23kcal (2.56%), Fat: 1.24g (1.9%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 5.27g (1.92%), Sugar: 0.19g (0.21%), Cholesterol: 10.66mg (3.55%), Sodium: 353.38mg (15.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.53%), Vitamin B3: 1.31mg (6.54%), Selenium: 4.46µg (6.37%), Manganese: 0.11mg (5.35%), Vitamin B6: 0.08mg (3.89%), Phosphorus: 38.22mg (3.82%), Vitamin K: 2.84µg (2.71%), Vitamin B5: 0.22mg (2.16%), Zinc: 0.31mg (2.04%), Vitamin B2: 0.03mg (1.96%), Iron: 0.32mg (1.76%), Potassium: 53.89mg (1.54%), Magnesium: 6.16mg (1.54%), Copper: 0.03mg (1.53%), Vitamin C: 1.17mg (1.41%), Vitamin B1: 0.02mg (1.19%)