



Chicken-Mushroom-Rice Toss

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons bottled garlic minced
- 9 ounces chicken breast cooked chopped
- 29 ounce less-sodium chicken broth fat-free canned
- 0.3 cup green onions chopped
- 1 teaspoon bottled ground ginger fresh
- 3.5 ounce boil-in-bag rice long-grain
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil

4.5 ounces button mushroom caps thinly sliced

Equipment

bowl

frying pan

sauce pan

colander

Directions

Bring the broth to a boil in a medium saucepan.

Add rice; cook uncovered, 10 minutes.

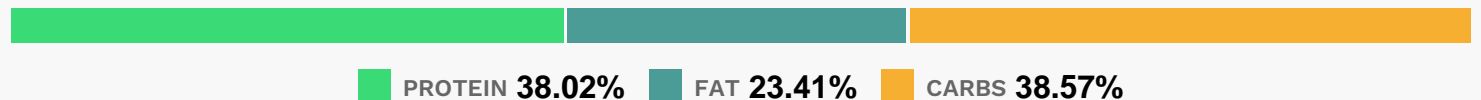
Drain rice in a colander over a bowl, reserving 1/4 cup broth; set the rice and broth aside.

While the rice is cooking, heat the sesame oil in a large skillet over medium-high heat.

Add the green onions, vinegar, garlic, and ginger; saute for 1 minute.

Add mushrooms, saut 2 minutes. Stir in rice, reserved broth, and chicken. Cook 3 minutes or until the liquid almost evaporates, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:68.4, Glycemic Load:16.98, Inflammation Score:-4, Nutrition Score:18.140434949294%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 339.44kcal (16.97%), Fat: 8.66g (13.33%), Saturated Fat: 1.61g (10.03%), Carbohydrates: 32.11g (10.7%), Net Carbohydrates: 30.17g (10.97%), Sugar: 1.78g (1.98%), Cholesterol: 72.29mg (24.1%), Sodium: 1191.89mg (51.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.65g (63.3%), Vitamin B3: 15.51mg (77.57%), Selenium: 37.86µg (54.08%), Manganese: 0.8mg (40.04%), Vitamin B6: 0.78mg (38.99%), Phosphorus: 320.26mg (32.03%), Vitamin

K: 23.98µg (22.84%), Vitamin B5: 2.15mg (21.54%), Vitamin B2: 0.28mg (16.28%), Potassium: 520.19mg (14.86%),
Vitamin B12: 0.84µg (13.95%), Copper: 0.25mg (12.48%), Magnesium: 48.71mg (12.18%), Zinc: 1.81mg (12.07%), Iron:
2.06mg (11.45%), Vitamin B1: 0.12mg (8.09%), Fiber: 1.95g (7.78%), Folate: 21.61µg (5.4%), Calcium: 48.94mg (4.89%),
Vitamin C: 3.13mg (3.8%), Vitamin E: 0.4mg (2.63%), Vitamin A: 129.14IU (2.58%), Vitamin D: 0.26µg (1.7%)