



Chicken, Mushrooms and Sugar Snap Peas Over Rice

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups rice instant uncooked
- 1.5 cups water
- 1 tablespoon olive oil
- 2 garlic clove minced
- 8 oz mushrooms whole quartered
- 1 cup chicken broth (from 32 oz carton)
- 0.5 teaspoon thyme sprigs fresh finely chopped

- 4 chicken breast halves boneless skinless
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 1 tablespoon cornstarch
- 1 tablespoon water cold
- 9 oz sugar snap peas frozen

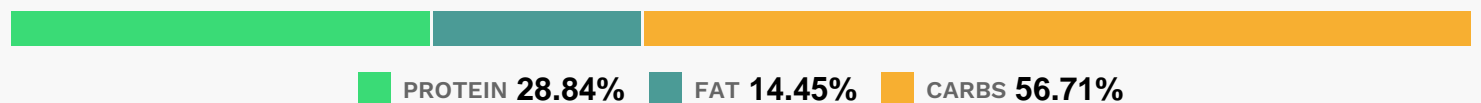
Equipment

- bowl
- frying pan

Directions

- Cook rice in 1 1/2 cups water as directed on package.
- Meanwhile, heat oil in large skillet over medium-high heat until hot.
- Add garlic and mushrooms; cook about 4 minutes or until softened, stirring frequently.
- Add broth and thyme; bring to a boil.
- Sprinkle chicken breast halves with salt and pepper; add to skillet. Reduce heat to medium-low; cover and cook about 10 minutes or until chicken is fork-tender and juices run clear, turning once.
- In small bowl, blend cornstarch with 1 tablespoon cold water until smooth. Stir into chicken mixture. Increase heat to medium-high.
- Add sugar snap peas; cook about 5 minutes or until sauce is slightly thickened and peas are hot, stirring constantly.
- Serve chicken with sauce and vegetables over rice.

Nutrition Facts



Properties

Glycemic Index:50.05, Glycemic Load:33.96, Inflammation Score:-8, Nutrition Score:26.20999982046%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 466.19kcal (23.31%), Fat: 7.35g (11.3%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 64.85g (21.62%), Net Carbohydrates: 61.61g (22.4%), Sugar: 4.03g (4.47%), Cholesterol: 73.5mg (24.5%), Sodium: 508.42mg (22.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.98g (65.96%), Vitamin B3: 15.47mg (77.35%), Selenium: 52.87µg (75.52%), Vitamin B6: 1.14mg (57.05%), Manganese: 1.03mg (51.39%), Vitamin C: 41.69mg (50.53%), Phosphorus: 405.02mg (40.5%), Vitamin B5: 3.66mg (36.58%), Vitamin B2: 0.46mg (27.27%), Potassium: 825.66mg (23.59%), Copper: 0.45mg (22.3%), Vitamin B1: 0.28mg (18.54%), Vitamin K: 18.58µg (17.69%), Magnesium: 69.7mg (17.43%), Iron: 2.74mg (15.2%), Vitamin A: 741.13IU (14.82%), Zinc: 1.95mg (13.03%), Fiber: 3.24g (12.97%), Folate: 46.68µg (11.67%), Vitamin E: 1.08mg (7.17%), Calcium: 63.77mg (6.38%), Vitamin B12: 0.26µg (4.34%), Vitamin D: 0.23µg (1.51%)