



## Chicken with Citrus Rice

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

READY IN



15 min.

SERVINGS



4

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 Tbsp planters almonds sliced
- 2 cups broccoli florets steamed
- 0.3 cup green onions sliced
- 1.5 cups rice white instant uncooked
- 1 cup chicken broth reduced-sodium
- 0.5 cup orange juice
- 1.5 lb rotisserie chicken cut hot
- 2 tsp soya sauce

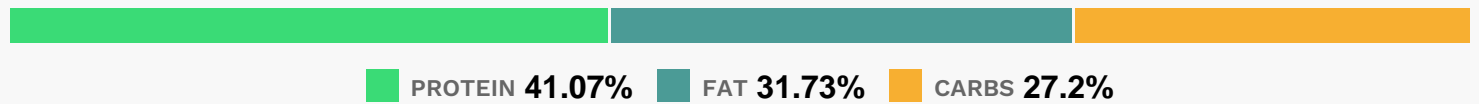
# Equipment

- bowl
- microwave

# Directions

- Combine rice, broth, orange juice and soy sauce in microwaveable bowl; cover.
- Microwave on HIGH 5 min.
- Let stand 5 min. or until liquid is absorbed.
- Fluff rice with fork; sprinkle with onions and almonds.
- Serve with the chicken and broccoli.

# Nutrition Facts



# Properties

Glycemic Index:35.25, Glycemic Load:2.42, Inflammation Score:-7, Nutrition Score:16.865217664967%

# Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

# Nutrients (% of daily need)

Calories: 521.61kcal (26.08%), Fat: 18.54g (28.53%), Saturated Fat: 4.19g (26.2%), Carbohydrates: 35.78g (11.93%), Net Carbohydrates: 32.79g (11.93%), Sugar: 4.02g (4.47%), Cholesterol: 163.29mg (54.43%), Sodium: 795.14mg (34.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54g (108%), Vitamin C: 57.26mg (69.41%), Vitamin K: 59.41µg (56.58%), Folate: 134.49µg (33.62%), Manganese: 0.61mg (30.69%), Vitamin B1: 0.38mg (25.29%), Vitamin B3: 3.9mg (19.53%), Selenium: 13.53µg (19.33%), Iron: 2.99mg (16.62%), Vitamin E: 2.33mg (15.56%), Phosphorus:

133.34mg (13.33%), Fiber: 2.98g (11.93%), Vitamin B2: 0.18mg (10.84%), Copper: 0.21mg (10.48%), Magnesium: 40.77mg (10.19%), Potassium: 343.81mg (9.82%), Vitamin A: 407.85IU (8.16%), Vitamin B6: 0.16mg (7.87%), Zinc: 0.99mg (6.62%), Calcium: 59.53mg (5.95%), Vitamin B5: 0.51mg (5.1%)