



Chicken Yakitori Rice Bowl



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 ounce boil-in-bag basmati rice
- ☐ 1 bunch green onions cut into 1-inch pieces
- ☐ 2 tablespoons lower-sodium chicken broth fat-free
- ☐ 0.3 cup lower-sodium soy sauce
- ☐ 0.3 cup mirin sweet (rice wine)
- ☐ 3 teaspoons vegetable oil; peanut oil preferred divided
- ☐ 1 tablespoon rice vinegar
- ☐ 1 pound chicken thighs boneless skinless

- ☐ 8 ounces snow peas halved lengthwise
- ☐ 3 tablespoons sugar

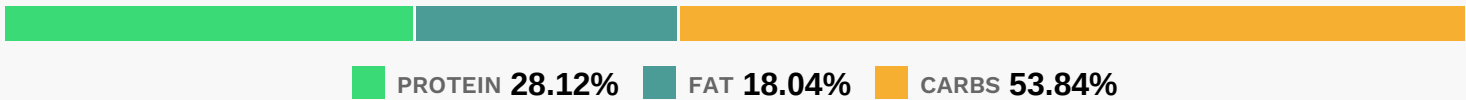
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ wok
- ☐ cutting board

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ Combine soy sauce and next 4 ingredients (through broth) in a small saucepan; bring to a boil. Reduce heat; simmer 3 minutes.
- ☐ Remove from heat.
- ☐ Heat a large nonstick skillet or wok over medium-high heat.
- ☐ Add 2 teaspoons oil to pan; swirl to coat.
- ☐ Add chicken thighs to pan; cook 3 minutes on each side or until browned.
- ☐ Transfer to a cutting board; cool slightly.
- ☐ Cut into (1-inch) strips.
- ☐ Return pan to medium-high heat; add remaining 1 teaspoon oil to pan.
- ☐ Add snow peas and onions; saut 2 minutes.
- ☐ Add soy sauce mixture and chicken to pan; cook 2 minutes or until liquid is syrupy and chicken is thoroughly heated, stirring frequently.
- ☐ Place 1 cup rice in each of 4 shallow bowls; top each serving with 1 cup chicken mixture.

Nutrition Facts



Properties

Glycemic Index:53.32, Glycemic Load:30.25, Inflammation Score:-7, Nutrition Score:19.90652179718%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 433.3kcal (21.66%), Fat: 8.19g (12.6%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 54.99g (18.33%), Net Carbohydrates: 52.61g (19.13%), Sugar: 11.53g (12.81%), Cholesterol: 107.73mg (35.91%), Sodium: 694.41mg (30.19%), Alcohol: 2.41g (100%), Alcohol %: 1.09% (100%), Protein: 28.72g (57.43%), Selenium: 33.92µg (48.45%), Vitamin C: 35.15mg (42.6%), Manganese: 0.78mg (38.8%), Vitamin B3: 7.68mg (38.4%), Vitamin B6: 0.71mg (35.29%), Phosphorus: 328.89mg (32.89%), Vitamin K: 29.95µg (28.53%), Vitamin B5: 2.34mg (23.45%), Vitamin B2: 0.32mg (18.54%), Zinc: 2.57mg (17.14%), Magnesium: 65.23mg (16.31%), Iron: 2.81mg (15.61%), Vitamin B1: 0.23mg (15.43%), Potassium: 539.73mg (15.42%), Vitamin A: 703.35IU (14.07%), Vitamin B12: 0.73µg (12.1%), Copper: 0.23mg (11.62%), Folate: 43.17µg (10.79%), Fiber: 2.39g (9.55%), Vitamin E: 1.05mg (6.99%), Calcium: 58.66mg (5.87%)