



Chinese "brown Sauce" Chicken

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



761 kcal

SAUCE

Ingredients

- 4 servings broccoli
- 3 tablespoons brown sugar
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- 4 servings carrots
- 4 chicken breast boneless (or pork chops)
- 1.5 cups chicken broth
- 4 servings rice hot cooked
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- 1 tablespoon cornstarch
- 3 garlic clove minced (or)
- 4 servings peas (stir fry veggies)
- 4 tablespoons soya sauce

Equipment

Nutrition Facts



Properties

Glycemic Index:123.79, Glycemic Load:77.47, Inflammation Score:-10, Nutrition Score:46.633043478261%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 761.13kcal (38.06%), Fat: 7.34g (11.29%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 107.87g (35.96%), Net Carbohydrates: 99.65g (36.24%), Sugar: 26.18g (29.09%), Cholesterol: 146.4mg (48.8%), Sodium: 1664.86mg (72.39%), Protein: 62.75g (125.49%), Vitamin A: 11590.35IU (231.81%), Vitamin B3: 27.89mg (139.43%), Selenium: 93.65µg (133.79%), Vitamin B6: 2.27mg (113.61%), Vitamin C: 75.44mg (91.44%), Manganese: 1.81mg (90.71%), Phosphorus: 737.6mg (73.76%), Vitamin K: 71.8µg (68.38%), Vitamin B5: 4.76mg (47.6%), Potassium: 1526.94mg (43.63%), Magnesium: 138.37mg (34.59%), Fiber: 8.23g (32.9%), Vitamin B1: 0.49mg (32.8%), Vitamin B2: 0.52mg (30.76%), Folate: 106.64µg (26.66%), Zinc: 3.88mg (25.85%), Copper: 0.46mg (22.81%), Iron: 3.55mg (19.75%), Calcium: 121.1mg (12.11%), Vitamin E: 1.42mg (9.47%), Vitamin B12: 0.47µg (7.83%), Vitamin D: 0.23µg (1.51%)