



Chinese Takeout-Style Lemon Chicken

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

READY IN



25 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups rice long-grain white hot cooked
- 1 Tbsp cornstarch
- 0.5 cup chicken broth fat-free reduced-sodium
- 2 cloves garlic minced
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 3 oz jell-o lemon flavor gelatin
- 1 Tbsp oil
- 1 bell pepper red cut into thin strips

- 1 lb chicken breasts boneless skinless cut into thin strips
- 6 oz snow peas trimmed

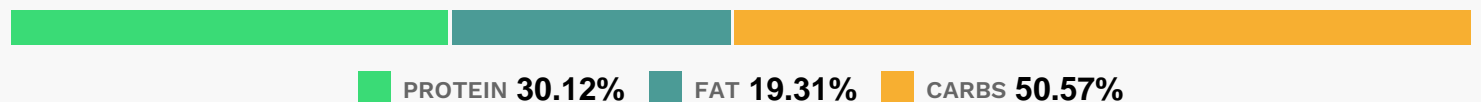
Equipment

- bowl
- frying pan

Directions

- Combine dry gelatin mix and cornstarch in medium bowl.
- Add broth, dressing and garlic; stir until gelatin is completely dissolved.
- Heat oil in large skillet on medium heat.
- Add chicken; cook 4 to 5 min. or until done, stirring occasionally.
- Add snow peas and peppers; cook and stir 2 min.
- Stir gelatin mixture; add to ingredients in skillet. Cook on medium heat 3 min. or until sauce is thickened, stirring frequently.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:24.43, Inflammation Score:-8, Nutrition Score:22.391304213068%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 398.15kcal (19.91%), Fat: 8.44g (12.98%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 49.75g (16.58%), Net Carbohydrates: 47.66g (17.33%), Sugar: 22.14g (24.59%), Cholesterol: 72.57mg (24.19%), Sodium: 423.78mg (18.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.63g (59.25%), Vitamin C: 65.45mg (79.34%), Vitamin B3: 12.87mg (64.35%), Selenium: 45µg (64.29%), Vitamin B6: 1.1mg (55.25%), Phosphorus: 339.14mg

(33.91%), Vitamin A: 1430.51IU (28.61%), Manganese: 0.56mg (28.04%), Vitamin B5: 2.38mg (23.83%), Vitamin K: 18.95µg (18.05%), Potassium: 617.29mg (17.64%), Magnesium: 54.25mg (13.56%), Vitamin B2: 0.2mg (11.72%), Vitamin B1: 0.18mg (11.69%), Vitamin E: 1.66mg (11.05%), Folate: 39.42µg (9.85%), Iron: 1.71mg (9.51%), Zinc: 1.27mg (8.44%), Fiber: 2.1g (8.38%), Copper: 0.16mg (8.06%), Vitamin B12: 0.28µg (4.73%), Calcium: 39.42mg (3.94%)