



Creamy Garlic Chicken

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups available in the asian foods section of some supermarkets and at asian markets mixed frozen sliced (broccoli florets, green beans, mushrooms, red pepper strips, sugarsnap peas)
- 3 cups rice long-grain white hot cooked
- 4 cloves garlic minced
- 0.3 cup miracle whip dressing
- 2 tsp oil
- 1 lb chicken breasts boneless skinless
- 1 Tbsp lite soy sauce

Equipment

frying pan

Directions

- Heat oil in large nonstick skillet on medium heat.
- Add chicken; cook 4 min. on each side or until evenly browned on both sides. Meanwhile, combine all remaining ingredients except rice.
- Spoon vegetable mixture over chicken; cover. Cook 7 min. or until chicken is done (165F).
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:9.95, Glycemic Load:8.01, Inflammation Score:-6, Nutrition Score:4.6530435175999%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 76.4kcal (3.82%), Fat: 1.29g (1.98%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 9.87g (3.29%), Net Carbohydrates: 8.97g (3.26%), Sugar: 0.36g (0.4%), Cholesterol: 14.8mg (4.93%), Sodium: 110.59mg (4.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.4%), Vitamin A: 933.25IU (18.67%), Vitamin B3: 2.73mg (13.64%), Selenium: 9.2µg (13.14%), Vitamin B6: 0.22mg (10.93%), Manganese: 0.17mg (8.71%), Phosphorus: 70.8mg (7.08%), Vitamin B5: 0.45mg (4.52%), Potassium: 136.67mg (3.9%), Fiber: 0.9g (3.61%), Magnesium: 13.62mg (3.4%), Vitamin B1: 0.04mg (2.88%), Vitamin C: 2.35mg (2.85%), Vitamin B2: 0.04mg (2.54%), Zinc: 0.34mg (2.27%), Copper: 0.04mg (2.12%), Iron: 0.34mg (1.89%), Folate: 7.08µg (1.77%)