



Creole Chicken and Orzo

 Dairy Free

READY IN



35 min.

SERVINGS



5

CALORIES



283 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 lb chicken breast for stir-frying
- ☐ 1 cup soup noodles (rice-shaped uncooked)
- ☐ 29 oz stewed tomatoes undrained canned
- ☐ 9 oz baby lima beans frozen thawed
- ☐ 1 teaspoon garlic salt
- ☐ 1 teaspoon basil dried
- ☐ 0.5 teaspoon sauce of the chicken from the turbo broiler

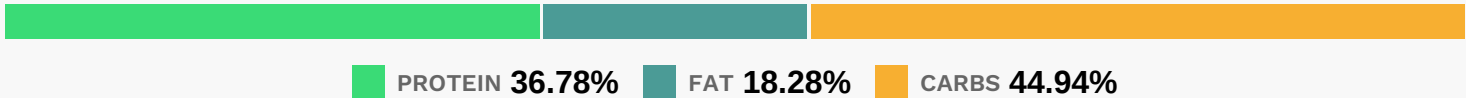
Equipment

☐ frying pan

Directions

- ☐ Heat oil in 12-inch skillet over medium-high heat until hot.
- ☐ Add chicken; cook 3 minutes, stirring frequently.
- ☐ Stir in all remaining ingredients. Bring to a boil. Reduce heat; cover and simmer 20 to 25 minutes or until liquid is absorbed and orzo is tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:8.4, Glycemic Load:3.6, Inflammation Score:-6, Nutrition Score:19.164347757464%

Nutrients (% of daily need)

Calories: 282.56kcal (14.13%), Fat: 5.8g (8.92%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 32.06g (10.69%), Net Carbohydrates: 26.9g (9.78%), Sugar: 6.11g (6.79%), Cholesterol: 58.06mg (19.35%), Sodium: 976.23mg (42.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.24g (52.48%), Vitamin B3: 11.37mg (56.86%), Selenium: 38.68µg (55.26%), Vitamin B6: 0.81mg (40.44%), Manganese: 0.6mg (29.98%), Phosphorus: 299.69mg (29.97%), Potassium: 938.79mg (26.82%), Vitamin C: 18.32mg (22.2%), Iron: 3.99mg (22.17%), Fiber: 5.17g (20.66%), Magnesium: 76.63mg (19.16%), Vitamin B5: 1.63mg (16.29%), Copper: 0.31mg (15.66%), Vitamin B1: 0.2mg (13.52%), Vitamin K: 12.57µg (11.97%), Vitamin E: 1.79mg (11.96%), Vitamin B2: 0.2mg (11.54%), Zinc: 1.31mg (8.75%), Calcium: 85.59mg (8.56%), Vitamin A: 407.96IU (8.16%), Folate: 28.92µg (7.23%), Vitamin B12: 0.18µg (3.02%)