



Crunchy Asian Chicken and Vegetables



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups rice white instant uncooked
- ☐ 2 cups water
- ☐ 2 tablespoons vegetable oil
- ☐ 14 oz chicken breast uncooked (not breaded)
- ☐ 0.5 cup onion thinly sliced
- ☐ 0.5 cup teriyaki sauce (from 12-oz bottle)
- ☐ 0.5 cup water
- ☐ 1 cup baby carrots (2x)

- ☐ 1 cup sugar snap peas frozen thawed (from 1-lb bag)
- ☐ 11 oz mandarin orange segents drained canned

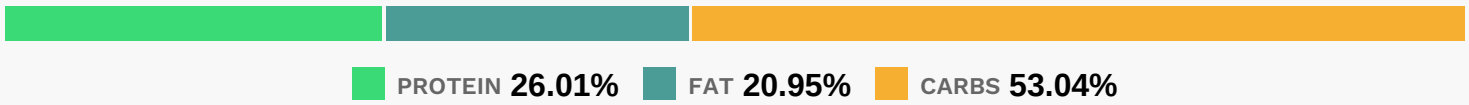
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, cook rice in 2 cups water as directed on package, omitting salt.
- ☐ In 12-inch nonstick skillet, heat oil over medium heat.
- ☐ Add chicken and onion; cook 6 to 8 minutes, turning chicken and stirring onion occasionally, until onion is tender and chicken is no longer pink.
- ☐ Stir in teriyaki baste and glaze, 1/2 cup water, the carrots and sugar snap peas.
- ☐ Heat to boiling; boil 1 minute. Reduce heat; cover and simmer 4 to 6 minutes longer, stirring occasionally, until vegetables are crisp-tender. Gently stir in orange segments.
- ☐ Serve chicken mixture over rice.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:4.18, Inflammation Score:-10, Nutrition Score:28.75739173008%

Flavonoids

Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 439.48kcal (21.97%), Fat: 10.13g (15.59%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 57.74g (19.25%), Net Carbohydrates: 53.58g (19.48%), Sugar: 16.71g (18.57%), Cholesterol: 63.5mg (21.17%), Sodium: 1533.89mg (66.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.3g (56.61%), Vitamin A: 5240.2IU (104.8%), Vitamin

B3: 14.46mg (72.3%), Selenium: 48.78µg (69.69%), Vitamin B6: 0.99mg (49.46%), Vitamin C: 39.02mg (47.29%), Folate: 160.3µg (40.08%), Vitamin B1: 0.57mg (38.22%), Phosphorus: 357.89mg (35.79%), Manganese: 0.6mg (30.14%), Iron: 4.64mg (25.79%), Vitamin B5: 2.18mg (21.77%), Potassium: 743.19mg (21.23%), Vitamin K: 21.96µg (20.91%), Magnesium: 75.69mg (18.92%), Fiber: 4.16g (16.65%), Copper: 0.25mg (12.72%), Vitamin B2: 0.2mg (11.83%), Zinc: 1.45mg (9.67%), Calcium: 82.08mg (8.21%), Vitamin E: 1.02mg (6.78%), Vitamin B12: 0.2µg (3.31%)