



Easy Chicken Teriyaki

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups broccoli florets frozen
- 0.5 tsp garlic powder
- 2 cups brown rice instant uncooked
- 1 Tbsp oil
- 0.3 cup planters peanuts salted
- 1 lb chicken breasts boneless skinless cut into strips
- 0.3 cup teriyaki sauce
- 1.5 cups water

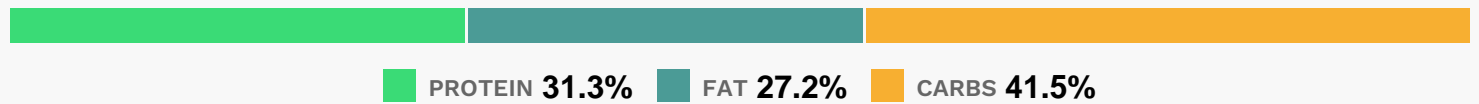
Equipment

frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add chicken; cook and stir 5 to 7 min. or until done.
- Add next 3 ingredients; stir. Bring to boil.
- Stir in remaining ingredients; cover. Cook on low heat 5 min.
- Remove from heat.
- Let stand 5 min. Fluff with fork.

Nutrition Facts



Properties

Glycemic Index:1.06, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:3.158695636884%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 49.39kcal (2.47%), Fat: 1.48g (2.28%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 4.73g (1.72%), Sugar: 0.48g (0.53%), Cholesterol: 8.29mg (2.76%), Sodium: 128.85mg (5.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Vitamin B3: 1.97mg (9.86%), Selenium: 6.25µg (8.93%), Vitamin B6: 0.12mg (5.96%), Vitamin C: 4.79mg (5.81%), Vitamin K: 5.62µg (5.35%), Folate: 19.3µg (4.83%), Manganese: 0.09mg (4.72%), Phosphorus: 46.23mg (4.62%), Vitamin B1: 0.06mg (4.19%), Iron: 0.48mg (2.65%), Vitamin B5: 0.26mg (2.61%), Potassium: 83.2mg (2.38%), Magnesium: 9.29mg (2.32%), Fiber: 0.36g (1.44%), Copper: 0.03mg (1.43%), Vitamin B2: 0.02mg (1.39%), Zinc: 0.2mg (1.33%)