



## Easy Honey-Garlic Chicken

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cups rice long-grain white hot cooked
- 4 cloves garlic minced
- 0.8 tsp ground ginger
- 2 Tbsp honey
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 3 cups stir-fry vegetables frozen
- 1 lb chicken breasts boneless skinless cut into strips

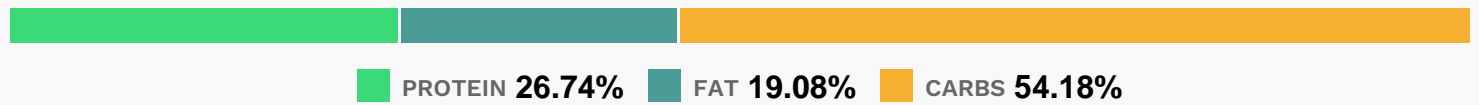
### Equipment

frying pan

## Directions

- Cook chicken in large skillet sprayed with cooking spray on medium–high heat 5 min., stirring occasionally.
- Add vegetables, dressing, honey, garlic and ginger.
- Cook and stir 5 min. or until chicken is done and vegetables are heated through.
- Serve with rice.

## Nutrition Facts



## Properties

Glycemic Index:59.07, Glycemic Load:46.47, Inflammation Score:-10, Nutrition Score:26.70086985049%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 478.7kcal (23.94%), Fat: 10.21g (15.7%), Saturated Fat: 1.75g (10.91%), Carbohydrates: 65.2g (21.73%), Net Carbohydrates: 59.13g (21.5%), Sugar: 11.89g (13.22%), Cholesterol: 72.57mg (24.19%), Sodium: 489.6mg (21.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.18g (64.36%), Vitamin A: 6976.44IU (139.53%), Vitamin B3: 14.12mg (70.58%), Selenium: 47.01µg (67.15%), Vitamin B6: 1.15mg (57.56%), Manganese: 1.09mg (54.47%), Phosphorus: 379.61mg (37.96%), Fiber: 6.07g (24.26%), Vitamin B5: 2.33mg (23.27%), Potassium: 797.05mg (22.77%), Vitamin C: 16.67mg (20.2%), Magnesium: 79.61mg (19.9%), Vitamin B1: 0.27mg (18.32%), Vitamin K: 16.73µg (15.93%), Vitamin B2: 0.25mg (14.86%), Zinc: 1.94mg (12.96%), Copper: 0.26mg (12.96%), Iron: 2.19mg (12.18%), Folate: 48.02µg (12%), Calcium: 61.91mg (6.19%), Vitamin E: 0.91mg (6.06%), Vitamin B12: 0.23µg (3.78%)