



Glazed Lemon Chicken and Rice

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



2

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup water
- 1 tablespoon juice of lemon fresh
- 2 teaspoons cornstarch
- 2 tablespoons honey
- 1 teaspoon lemon zest grated
- 1 cup rice white instant uncooked
- 1 cup water
- 1 teaspoon vegetable oil

- 0.5 lb chicken breast boneless skinless cut into 1-inch pieces
- 0.5 teaspoon salt
- 3 spring onion cut into 1-inch pieces
- 1 small and orange peppers cut into 1-inch pieces

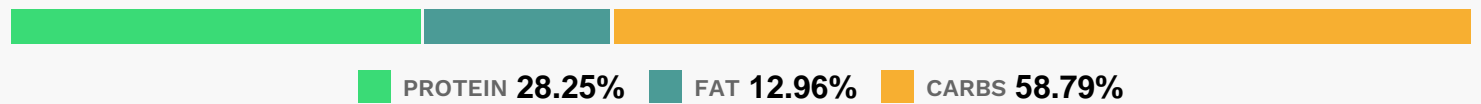
Equipment

- frying pan
- measuring cup

Directions

- In 2-cup measuring cup, stir 1/3 cup water, the lemon juice, cornstarch, honey and lemon peel until cornstarch is dissolved; set aside.
- Cook rice in 1 cup water as directed on package; keep warm.
- Meanwhile, in 10-inch nonstick skillet, heat oil over medium-high heat.
- Add chicken; sprinkle with salt. Cook 2 to 3 minutes, stirring frequently, until chicken is brown. Stir in onions and bell pepper. Cook 2 to 4 minutes, stirring frequently, until chicken is no longer pink in center. Reduce heat to low.
- Stir lemon juice mixture in measuring cup.
- Pour into skillet; stir to coat chicken mixture. Cook until slightly thickened.
- Serve chicken mixture over rice.

Nutrition Facts



Properties

Glycemic Index:58.14, Glycemic Load:9.76, Inflammation Score:-9, Nutrition Score:25.724782705307%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 401.52kcal (20.08%), Fat: 5.76g (8.86%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 58.76g (19.59%), Net Carbohydrates: 56.51g (20.55%), Sugar: 19.47g (21.63%), Cholesterol: 72.57mg (24.19%), Sodium: 730.61mg (31.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.24g (56.48%), Vitamin B3: 15.33mg (76.66%), Selenium: 52.67µg (75.24%), Vitamin C: 56.4mg (68.37%), Vitamin B6: 1.03mg (51.53%), Vitamin K: 43.48µg (41.41%), Folate: 153.38µg (38.34%), Vitamin B1: 0.5mg (33.54%), Phosphorus: 306.98mg (30.7%), Vitamin A: 1372.9IU (27.46%), Manganese: 0.53mg (26.55%), Iron: 3.67mg (20.39%), Vitamin B5: 1.96mg (19.6%), Potassium: 579.36mg (16.55%), Magnesium: 46.22mg (11.55%), Vitamin B2: 0.18mg (10.66%), Zinc: 1.51mg (10.04%), Fiber: 2.25g (9%), Copper: 0.16mg (8.22%), Vitamin E: 1.11mg (7.43%), Calcium: 38.86mg (3.89%), Vitamin B12: 0.23µg (3.78%)