



## Greek-Style Lemon Chicken

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

READY IN



**25 min.**

SERVINGS



**4**

CALORIES



**530 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup carrots grated
- 14 oz chicken broth canned
- 2 cloves garlic minced
- 1 Tbsp lemon zest grated
- 2 cups minute rice white uncooked
- 1 Tbsp oil
- 0.3 cup olives pitted ripe sliced
- 1 Tbsp parsley flakes

1 lb chicken breasts boneless skinless cut into strips

## Equipment

frying pan

## Directions

Heat oil in large nonstick skillet on medium-high heat.

Add chicken; cook and stir 6 to 8 minutes or until chicken is cooked through, adding garlic for the last 3 minutes of the cooking time.

Add remaining ingredients; stir until well blended. Bring to boil; cover.

Remove from heat.

Let stand 5 minutes.

## Nutrition Facts

 **PROTEIN 41.2%**  **FAT 28.41%**  **CARBS 30.39%**

## Properties

Glycemic Index:19.21, Glycemic Load:0.65, Inflammation Score:-9, Nutrition Score:27.367826124896%

## Flavonoids

Apigenin: 18.01mg, Apigenin: 18.01mg, Apigenin: 18.01mg, Apigenin: 18.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 530.08kcal (26.5%), Fat: 16.24g (24.99%), Saturated Fat: 3.38g (21.14%), Carbohydrates: 39.09g (13.03%), Net Carbohydrates: 37.25g (13.54%), Sugar: 0.93g (1.04%), Cholesterol: 122.19mg (40.73%), Sodium: 758.92mg (33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53g (106%), Selenium: 70.91µg (101.3%), Vitamin B3: 17.45mg (87.27%), Vitamin A: 2924.41IU (58.49%), Vitamin B6: 1.14mg (56.99%), Phosphorus: 450.84mg (45.08%), Vitamin B1: 0.49mg (32.52%), Folate: 129.02µg (32.26%), Manganese: 0.53mg (26.39%), Iron: 4.63mg (25.74%), Zinc: 3.84mg (25.59%), Vitamin B12: 1.22µg (20.32%), Potassium: 656.89mg (18.77%), Vitamin B5: 1.87mg (18.65%), Magnesium: 59.4mg (14.85%), Vitamin B2: 0.25mg (14.52%), Vitamin K: 12.74µg (12.13%), Vitamin E: 1.63mg (10.87%), Copper: 0.18mg (9.13%), Fiber: 1.84g (7.36%), Vitamin C: 5.21mg (6.31%), Calcium: 47.97mg (4.8%), Vitamin D: 0.21µg

(1.42%)