



## Lemon Basil Chicken and Vegetables

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup brown rice uncooked
- 1 pound chicken breast boneless skinless
- 0.3 teaspoon pepper
- 0.3 teaspoon garlic powder
- 1 medium onion cut into thin wedges
- 1 pound the salad frozen
- 0.8 cup water
- 0.5 cup optional: lemon

1 teaspoon cornstarch

## Equipment

bowl

frying pan

## Directions

Cook rice as directed on package.

Meanwhile, cut chicken into 2x1/4-inch strips. Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat.

Add chicken; sprinkle with pepper and garlic powder. Cook and stir 4 to 6 minutes or until brown.

Add onion; cook and stir 2 minutes.

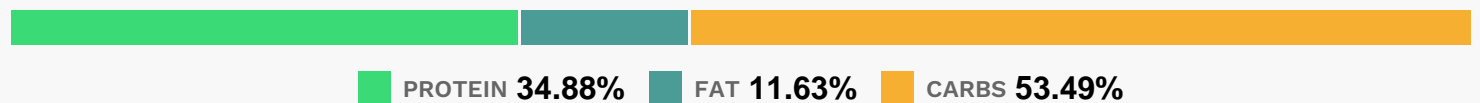
Stir in frozen vegetables and water.

Heat to boiling; reduce heat to medium. Cover and cook 5 to 7 minutes, stirring occasionally, until vegetables are tender.

Mix stir-fry sauce and cornstarch until smooth; stir into mixture in skillet.

Heat to boiling, stirring constantly. Boil and stir 1 minute. Divide rice among bowls. Top with chicken mixture.

## Nutrition Facts



## Properties

Glycemic Index:37.06, Glycemic Load:21.34, Inflammation Score:-9, Nutrition Score:26.013912874719%

## Flavonoids

Eriodictyol: 5.66mg, Eriodictyol: 5.66mg, Eriodictyol: 5.66mg, Eriodictyol: 5.66mg Hesperetin: 7.39mg, Hesperetin: 7.39mg, Hesperetin: 7.39mg, Hesperetin: 7.39mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

## Nutrients (% of daily need)

Calories: 340.89kcal (17.04%), Fat: 4.4g (6.77%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 45.54g (15.18%), Net Carbohydrates: 42.67g (15.51%), Sugar: 1.83g (2.04%), Cholesterol: 72.57mg (24.19%), Sodium: 166.96mg (7.26%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 29.69g (59.39%), Manganese: 2.02mg (101.15%), Vitamin B3: 14.56mg (72.79%), Vitamin B6: 1.24mg (61.98%), Vitamin C: 43.75mg (53.03%), Selenium: 37.05µg (52.93%), Phosphorus: 421.02mg (42.1%), Magnesium: 115.57mg (28.89%), Vitamin A: 1329.29IU (26.59%), Vitamin B5: 2.55mg (25.48%), Potassium: 822.55mg (23.5%), Vitamin B1: 0.33mg (21.8%), Folate: 64.24µg (16.06%), Zinc: 1.93mg (12.87%), Copper: 0.25mg (12.47%), Iron: 2.23mg (12.39%), Vitamin B2: 0.2mg (11.98%), Fiber: 2.88g (11.51%), Calcium: 51.34mg (5.13%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.26mg (1.76%)