



Lemon Basil Chicken and Vegetables

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound the salad frozen
- 1 cup brown rice uncooked
- 1 teaspoon cornstarch
- 0.3 teaspoon garlic powder
- 0.3 teaspoon pepper
- 0.5 cup herbs like: thym
- 1 medium onion cut into thin wedges
- 1 pound chicken breast boneless skinless

0.8 cup water

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



PROTEIN 35.79% **FAT 11.85%** **CARBS 52.36%**

Properties

Glycemic Index:48.19, Glycemic Load:20.92, Inflammation Score:-9, Nutrition Score:25.655217538709%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 333.9kcal (16.69%), Fat: 4.34g (6.68%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 43.15g (14.38%), Net Carbohydrates: 40.97g (14.9%), Sugar: 1.18g (1.31%), Cholesterol: 72.57mg (24.19%), Sodium: 166.55mg (7.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.5g (58.99%), Manganese: 2.05mg (102.48%), Vitamin B3: 14.56mg (72.8%), Vitamin B6: 1.22mg (61.15%), Selenium: 36.95µg (52.79%), Phosphorus: 418.45mg (41.85%), Vitamin C: 30.25mg (36.66%), Vitamin A: 1481.71IU (29.63%), Magnesium: 115.37mg (28.84%), Vitamin B5: 2.5mg (25.04%), Potassium: 794.83mg (22.71%), Vitamin B1: 0.32mg (21.16%), Folate: 63.37µg (15.84%), Zinc: 1.94mg (12.92%), Copper: 0.25mg (12.56%), Vitamin K: 12.99µg (12.37%), Iron: 2.17mg (12.04%), Vitamin B2: 0.2mg (11.81%), Fiber: 2.18g (8.73%), Calcium: 49.76mg (4.98%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.25mg (1.65%)