



Lemon Chicken

 **Gluten Free**

READY IN



25 min.

SERVINGS



4

CALORIES



907 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli frozen thawed chopped
- 2 tablespoons butter
- 1 large carrots thinly sliced
- 14 ounces chicken broth canned
- 1 tablespoon cornstarch
- 0.3 cup parsley fresh minced
- 1 garlic clove minced
- 2 tablespoons juice of lemon

- 1 teaspoon lemon zest grated
- 1 medium onion chopped
- 0.5 teaspoon salt
- 1 pound chicken breast boneless skinless cut into strips
- 1.5 cups rice white uncooked minute®
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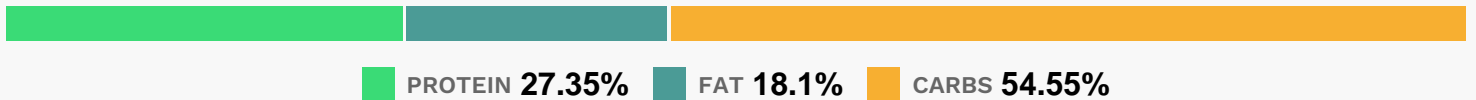
Equipment

- bowl
- frying pan

Directions

- In a large skillet, cook chicken, onion, carrot and garlic in butter for 5 minutes or until chicken is lightly browned and meat juices run clear, stirring occasionally.
- In a large bowl, combine the cornstarch and broth; stir in lemon juice, peel, salt and rice.
- Add to skillet Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; add broccoli and parsley. Cover and simmer 5–10 minutes or until rice is tender.

Nutrition Facts



Properties

Glycemic Index:85.05, Glycemic Load:68.3, Inflammation Score:-10, Nutrition Score:37.014347589534%

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 Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 907.3kcal (45.36%), Fat: 17.77g (27.34%), Saturated Fat: 6.77g (42.34%), Carbohydrates: 120.49g (40.16%), Net Carbohydrates: 116.91g (42.51%), Sugar: 2.81g (3.13%), Cholesterol: 137.24mg (45.75%), Sodium: 975.72mg (42.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.42g (120.84%), Selenium: 76.45µg (109.21%), Vitamin K: 89.58µg (85.31%), Vitamin B3: 16.84mg (84.22%), Manganese: 1.66mg (82.76%), Vitamin A: 3845.93IU (76.92%), Vitamin B6: 1.38mg (68.95%), Phosphorus: 584.23mg (58.42%), Vitamin C: 32.85mg (39.82%), Vitamin B5: 3.27mg (32.7%), Zinc: 4.89mg (32.62%), Potassium: 932.32mg (26.64%), Magnesium: 95.35mg (23.84%), Copper: 0.43mg (21.29%), Vitamin B12: 1.23µg (20.52%), Vitamin B2: 0.33mg (19.57%), Iron: 3.36mg (18.67%), Vitamin B1: 0.22mg (14.47%), Fiber: 3.58g (14.32%), Folate: 47.62µg (11.91%), Calcium: 90.57mg (9.06%), Vitamin E: 1.19mg (7.9%), Vitamin D: 0.21µg (1.42%)