



Lemon Chicken with Snow Peas

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 tsp pepper black
- 0.5 cup philadelphia cream cheese spread ()
- 2 cups rice long-grain white hot cooked
- 0.5 tsp garlic powder
- 1 tsp lemon zest
- 0.3 cup milk
- 1 cup orange pepper strips
- 1 lb chicken breasts boneless skinless cut into thin strips

1 cup snow peas trimmed

Equipment

frying pan

Directions

Cook chicken in large nonstick skillet on medium heat 5 min. or until done, stirring frequently.

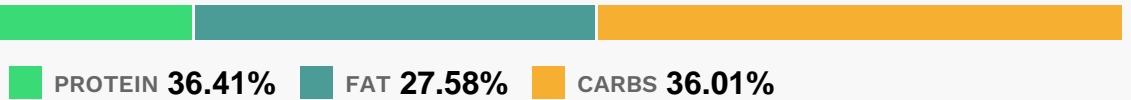
Add vegetables; cook and stir 3 to 5 min. or until crisp-tender.

Mix cream cheese spread, milk, lemon zest, juice, garlic powder and black pepper until blended.

Add to chicken mixture; cook and stir 2 min. or until heated through.

Serve over rice.

Nutrition Facts



Properties

Glycemic Index:8.64, Glycemic Load:3.95, Inflammation Score:-3, Nutrition Score:3.4156521584677%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 53.33kcal (2.67%), Fat: 1.59g (2.45%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 4.39g (1.59%), Sugar: 0.68g (0.75%), Cholesterol: 14.72mg (4.91%), Sodium: 43.61mg (1.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.47%), Vitamin C: 10.3mg (12.49%), Vitamin B3: 2.03mg (10.14%), Selenium: 6.85µg (9.79%), Vitamin B6: 0.17mg (8.7%), Vitamin A: 281.89IU (5.64%), Phosphorus: 49.93mg (4.99%), Manganese: 0.08mg (4.09%), Vitamin B5: 0.37mg (3.66%), Potassium: 96.76mg (2.76%), Magnesium: 8.28mg (2.07%), Vitamin B2: 0.03mg (1.86%), Vitamin B1: 0.02mg (1.66%), Folate: 5.54µg (1.38%), Zinc: 0.2mg (1.37%), Calcium: 12.97mg (1.3%), Vitamin K: 1.35µg (1.28%), Fiber: 0.3g (1.19%), Iron: 0.21mg (1.14%), Vitamin E: 0.15mg (1.01%)