



Lemon Grass Chicken with Herbed Orzo

READY IN



35 min.

SERVINGS



35

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups chicken broth fat-free reduced-sodium
- 3 Tbsp flour
- 2 Tbsp basil fresh divided chopped
- 2 Tbsp chives fresh divided chopped
- 1 clove garlic minced
- 0.3 tsp ground pepper black divided
- 2 Tbsp lemon grass finely chopped
- 2 Tbsp olive oil
- 1 cup orzo pasta uncooked

- 0.3 cup parmesan cheese divided grated kraft
- 1 lb chicken breasts boneless skinless

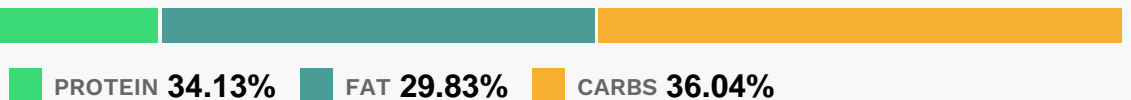
Equipment

- frying pan

Directions

- Mix 2 Tbsp. cheese, flour, 1 Tbsp. each basil and chives, and 1/8 tsp. pepper in pie plate. Moisten chicken with water, then dip in cheese mixture, turning to evenly coat both sides of each breast.
- Heat oil in large nonstick skillet on medium-high heat.
- Add chicken; cook 3 min. on each side or until done (165F).
- Transfer to plate; cover to keep warm.
- Add lemon grass and garlic to skillet; cook and stir on medium heat 1 min.
- Add broth, remaining pepper and 1 Tbsp. of the remaining cheese. Bring to boil; stir in orzo. Cover; simmer on medium-low heat 10 min. or until orzo is al dente. Stir orzo. Return chicken to skillet; cook, covered, 2 to 4 min. or until orzo is tender and chicken is heated through.
- Transfer chicken to plate.
- Stir remaining basil and chives into orzo; spoon onto plate with chicken.
- Sprinkle with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:8.4, Glycemic Load:1.66, Inflammation Score:-1, Nutrition Score:2.3060869723558%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 44.44kcal (2.22%), Fat: 1.45g (2.22%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 3.76g (1.37%), Sugar: 0.15g (0.17%), Cholesterol: 8.92mg (2.97%), Sodium: 107.45mg (4.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Selenium: 7.77µg (11.1%), Vitamin B3: 1.58mg (7.9%), Vitamin B6: 0.11mg (5.44%), Phosphorus: 43.41mg (4.34%), Manganese: 0.07mg (3.54%), Vitamin B5: 0.23mg (2.34%), Vitamin K: 2.41µg (2.3%), Potassium: 69.44mg (1.98%), Magnesium: 6.74mg (1.68%), Vitamin B2: 0.03mg (1.54%), Vitamin B1: 0.02mg (1.29%), Zinc: 0.19mg (1.24%), Vitamin B12: 0.07µg (1.24%), Copper: 0.02mg (1.18%), Iron: 0.21mg (1.15%), Vitamin E: 0.15mg (1.01%)