



Lemon Pilaf Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



137 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups broccoli
- 1.5 cups roasted chicken cooked chopped
- 3 tablespoons juice of lemon fresh
- 1 teaspoon lemon zest grated
- 1 tablespoon olive oil
- 1 rice

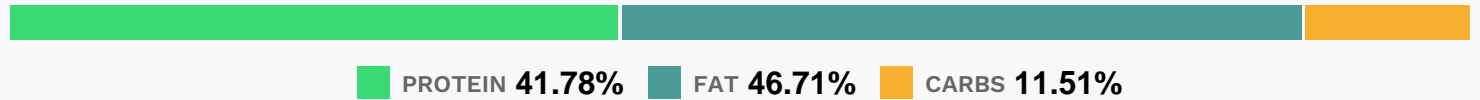
Equipment

- frying pan

Directions

- In large skillet bring 2 cups water, olive oil, lemon juice and spice sack to a boil. Stir in chicken and rice pilaf. Reduce heat and simmer for 10 minutes.
- Add broccoli and grated lemon peel. Simmer for 8 to 10 minutes, or until all water is absorbed. NOTES : For a colorful twist, substitute Near East Chicken Flavor Pilaf.

Nutrition Facts



Properties

Glycemic Index:23.3, Glycemic Load:0.69, Inflammation Score:-5, Nutrition Score:10.955217391304%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Taste

Sweetness: 14.58%, Saltiness: 100%, Sourness: 50.7%, Bitterness: 53.29%, Savoriness: 67.46%, Fattiness: 61.24%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 137.2kcal (6.86%), Fat: 7.17g (11.04%), Saturated Fat: 1.49g (9.3%), Carbohydrates: 3.98g (1.33%), Net Carbohydrates: 2.74g (1%), Sugar: 1.05g (1.17%), Cholesterol: 39.38mg (13.13%), Sodium: 54.12mg (2.35%), Protein: 14.44g (28.87%), Vitamin C: 44.25mg (53.63%), Vitamin K: 46.99µg (44.75%), Vitamin B3: 4.43mg (22.17%), Selenium: 14.07µg (20.1%), Vitamin B6: 0.3mg (14.93%), Phosphorus: 131.09mg (13.11%), Folate: 32.68µg (8.17%), Vitamin B5: 0.78mg (7.81%), Potassium: 271.98mg (7.77%), Vitamin B2: 0.13mg (7.7%), Zinc: 0.99mg (6.59%), Vitamin A: 296.57IU (5.93%), Vitamin E: 0.87mg (5.77%), Iron: 0.99mg (5.51%), Manganese: 0.11mg (5.27%), Magnesium: 21.08mg (5.27%), Fiber: 1.23g (4.94%), Vitamin B1: 0.07mg (4.46%), Calcium: 28.43mg (2.84%), Copper: 0.05mg (2.71%), Vitamin B12: 0.15µg (2.54%)