



Maho, Vietnamese Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 11 ounce mandarin orange segments drained canned
- ☐ 0.5 cup dry-roasted unsalted
- ☐ 2 cloves garlic minced
- ☐ 4 large leaves iceberg lettuce
- ☐ 3 chicken breast halves boneless skinless cut into bite-size pieces
- ☐ 2 tablespoons soya sauce to taste
- ☐ 3 tablespoons vegetable oil
- ☐ 4 cups water

☐ 2 cups rice white uncooked

Equipment

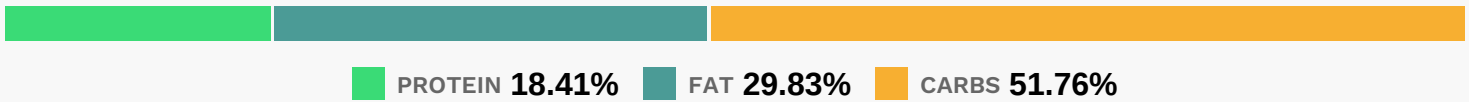
☐ frying pan

☐ sauce pan

Directions

- ☐ Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.
- ☐ Let the rice stand, covered, while you finish the dish.
- ☐ Heat oil in a skillet over medium heat until shimmering, and cook and stir the garlic until fragrant, about 1 minute. Stir in the chicken, and cook and stir until seared and beginning to brown, about 5 minutes. Stir in soy sauce and peanuts, and cook and stir until the chicken is no longer pink inside, and the soy sauce has coated the chicken and peanuts, 5 more minutes.
- ☐ Remove the chicken mixture from the heat.
- ☐ Line 4 plates with lettuce leaves, and scoop 1 cup of cooked rice onto each leaf. Top with chicken-peanut mixture, and sprinkle each plate with mandarin orange slices.

Nutrition Facts



Properties

Glycemic Index:34.55, Glycemic Load:44.76, Inflammation Score:-8, Nutrition Score:24.103043444779%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 669.92kcal (33.5%), Fat: 22.13g (34.05%), Saturated Fat: 3.62g (22.62%), Carbohydrates: 86.41g (28.8%), Net Carbohydrates: 82.54g (30.02%), Sugar: 7.76g (8.63%), Cholesterol: 54.24mg (18.08%), Sodium: 623.55mg

(27.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.74g (61.48%), Manganese: 1.48mg (73.96%), Vitamin B3: 13.67mg (68.35%), Selenium: 43.39µg (61.99%), Vitamin B6: 0.94mg (47.25%), Phosphorus: 374.77mg (37.48%), Vitamin C: 28.14mg (34.11%), Vitamin B5: 2.45mg (24.5%), Magnesium: 93.12mg (23.28%), Vitamin A: 1088.57IU (21.77%), Vitamin K: 20.97µg (19.97%), Copper: 0.39mg (19.65%), Potassium: 678.06mg (19.37%), Zinc: 2.51mg (16.74%), Fiber: 3.87g (15.48%), Vitamin B1: 0.23mg (15.13%), Vitamin E: 2.13mg (14.2%), Vitamin B2: 0.21mg (12.21%), Iron: 1.83mg (10.15%), Folate: 36.38µg (9.09%), Calcium: 63.13mg (6.31%), Vitamin B12: 0.17µg (2.82%)