



## Mama Locke's Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cloves garlic minced pressed
- 6 green onions ends trimmed
- 0.3 cup soya sauce reduced-sodium
- 0.5 teaspoon pepper
- 1 tablespoon sugar
- 2 cups rice long-grain white
- 6 boned ( 2 lb. total)

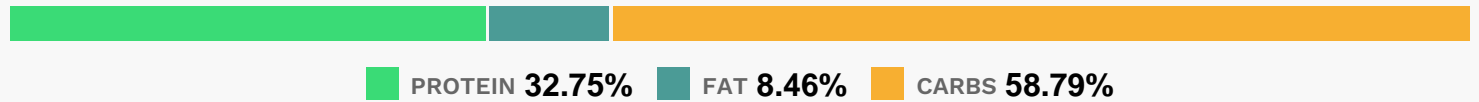
## Equipment

- bowl
- frying pan

## Directions

- Trim and discard fat from chicken. In a plastic food bag, combine chicken, soy sauce, sugar, garlic, and pepper; seal.
- Let stand 10 to 15 minutes, turning bag occasionally.
- In a 2- to 2 1/2-quart pan, combine rice and 3 1/3 cups water. Bring to a boil over high heat and cook until most of the water is absorbed, 7 to 10 minutes. Cover and simmer over low heat, until rice is tender to bite, 10 to 15 minutes longer.
- Set an 11- to 12-inch nonstick frying pan over medium heat. When pan is hot, lift chicken from marinade and place in pan. Cook chicken, turning to brown both sides, until no longer pink in thickest part (cut to test), 6 to 8 minutes total. Lift out chicken and set on a platter; keep warm.
- Pour remaining marinade and 1/4 cup water into pan. Stir over high heat until boiling.
- Pour into a small bowl.
- Serve chicken with rice; garnish with onions. Offer marinade to spoon over rice and chicken.

## Nutrition Facts



## Properties

Glycemic Index:37.55, Glycemic Load:31.37, Inflammation Score:-4, Nutrition Score:17.553043666093%

## Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

## Nutrients (% of daily need)

Calories: 373.41kcal (18.67%), Fat: 3.41g (5.24%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 53.21g (17.74%), Net Carbohydrates: 51.96g (18.89%), Sugar: 2.41g (2.68%), Cholesterol: 72.32mg (24.11%), Sodium: 518.81mg (22.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.65g (59.3%), Selenium: 45.76µg (65.37%), Vitamin B3: 12.97mg (64.83%), Vitamin B6: 0.98mg (49.24%), Manganese: 0.79mg (39.51%), Phosphorus: 332.09mg (33.21%),

Vitamin K: 25.42µg (24.21%), Vitamin B5: 2.29mg (22.87%), Potassium: 565.8mg (16.17%), Magnesium: 55.06mg (13.77%), Vitamin B2: 0.18mg (10.59%), Zinc: 1.47mg (9.81%), Copper: 0.19mg (9.33%), Vitamin B1: 0.13mg (8.57%), Iron: 1.27mg (7.04%), Folate: 21.87µg (5.47%), Fiber: 1.25g (5%), Vitamin C: 3.92mg (4.76%), Vitamin B12: 0.23µg (3.77%), Calcium: 37.31mg (3.73%), Vitamin A: 154.54IU (3.09%), Vitamin E: 0.39mg (2.63%)