



Mango Chicken over Rice



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 4 servings rice steamed
- ☐ 3 tablespoons fish sauce
- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 4 spring onion sliced
- ☐ 3 tablespoons juice of lime
- ☐ 1 large mangos ripe cut into 1-in. chunks
- ☐ 1 tablespoon olive oil

- ☐ 0.3 teaspoon turmeric
- ☐ 0.3 teaspoon pepper white
- ☐ 1 pound strips. halved

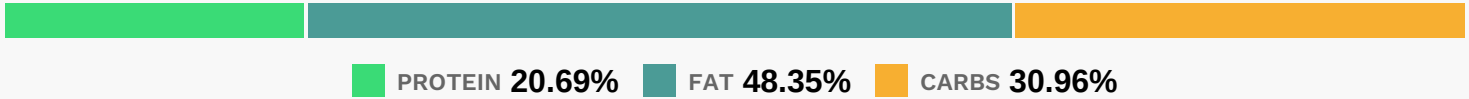
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat a wok or large frying pan over high heat.
- ☐ Add oil and swirl to coat pan. Cook chicken with spices until browned, about 5 minutes.
- ☐ Add mango, lime juice, fish sauce, and half the onions and cook, stirring often, until mango starts to soften and release juices, about 3 minutes.
- ☐ Serve over rice with remaining onions and basil sprinkled on top.

Nutrition Facts



Properties

Glycemic Index:74.94, Glycemic Load:27.71, Inflammation Score:-9, Nutrition Score:16.224782622379%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 425.85kcal (21.29%), Fat: 22.83g (35.12%), Saturated Fat: 5.68g (35.52%), Carbohydrates: 32.88g (10.96%), Net Carbohydrates: 31.27g (11.37%), Sugar: 8.11g (9.01%), Cholesterol: 111.13mg (37.04%), Sodium: 1150.72mg (50.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.98g (43.97%), Selenium: 28.78µg (41.11%), Vitamin K: 35.84µg (34.13%), Vitamin B3: 6.35mg (31.73%), Vitamin C: 24.87mg (30.15%), Vitamin B6: 0.6mg (29.8%), Manganese: 0.51mg (25.27%), Phosphorus: 228.83mg (22.88%), Vitamin A: 880.03IU (17.6%), Magnesium: 64.31mg (16.08%), Vitamin B5: 1.6mg (16.03%), Vitamin B12: 0.79µg (13.18%), Zinc: 1.95mg (13.01%), Potassium: 440.97mg (12.6%), Vitamin B2: 0.2mg (11.82%), Folate: 44.59µg (11.15%), Copper: 0.2mg (9.79%), Vitamin E: 1.38mg (9.2%), Vitamin B1: 0.13mg (8.41%), Iron: 1.42mg (7.91%), Fiber: 1.61g (6.44%), Calcium: 41.23mg (4.12%)