



Miso brown rice & chicken salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 120 g rice
- ☐ 2 chicken breast skinless
- ☐ 140 g broccoli
- ☐ 4 spring onion cut into diagonal slices
- ☐ 1 tbsp sesame seed toasted
- ☐ 2 tsp miso
- ☐ 1 tbsp rice vinegar
- ☐ 1 tbsp mirin

☐ 1 tsp ginger grated

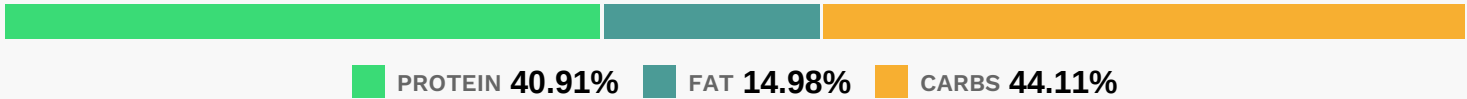
Equipment

☐ frying pan

Directions

- ☐ Cook the rice following the pack instructions, then drain and keep warm. While its cooking, place the chicken breasts into a pan of boiling water so they are completely covered. Boil for 1 min, then turn off the heat, place a lid on and let sit for 15 mins. When cooked through, cut into slices.
- ☐ Boil the broccoli until tender.
- ☐ Drain, rinse under cold water and drain again.
- ☐ For the dressing, mix the miso, rice vinegar, mirin and ginger together.
- ☐ Divide the rice between two plates and scatter over the spring onions and sesame seeds.
- ☐ Place the broccoli and chicken slices on top. To finish, drizzle over the dressing.

Nutrition Facts



Properties

Glycemic Index:143.09, Glycemic Load:31.08, Inflammation Score:-8, Nutrition Score:38.537826299667%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 5.81mg, Kaempferol: 5.81mg, Kaempferol: 5.81mg, Kaempferol: 5.81mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg

Nutrients (% of daily need)

Calories: 560.42kcal (28.02%), Fat: 9.16g (14.09%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 60.64g (20.21%), Net Carbohydrates: 56.54g (20.56%), Sugar: 4.23g (4.7%), Cholesterol: 144.64mg (48.21%), Sodium: 581.7mg (25.29%), Alcohol: 0.85g (100%), Alcohol %: 0.26% (100%), Protein: 56.26g (112.51%), Vitamin B3: 25.37mg (126.85%), Selenium: 85.29µg (121.84%), Vitamin K: 123.35µg (117.48%), Vitamin B6: 1.98mg (98.87%), Vitamin C: 69.71mg (84.5%), Phosphorus: 637.16mg (63.72%), Manganese: 1.04mg (52.04%), Vitamin B5: 4.27mg (42.72%), Potassium: 1230.6mg (35.16%), Magnesium: 112.44mg (28.11%), Copper: 0.46mg (22.94%), Vitamin B2: 0.38mg

(22.47%), Folate: 78.92µg (19.73%), Vitamin B1: 0.29mg (19.42%), Zinc: 2.85mg (19.01%), Iron: 2.99mg (16.64%), Fiber: 4.1g (16.4%), Vitamin A: 748.81IU (14.98%), Calcium: 126.18mg (12.62%), Vitamin E: 1.19mg (7.92%), Vitamin B12: 0.46µg (7.61%), Vitamin D: 0.23µg (1.51%)