



Miso Chicken with Brown Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots thinly sliced
- ☐ 2.5 cups brown rice cooked
- ☐ 5 large egg whites lightly beaten
- ☐ 1 tablespoon fish sauce
- ☐ 1.5 tablespoons ginger fresh minced peeled
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons green onions chopped

- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 2 tablespoons miso (soybean paste)
- ☐ 1 cup onion finely chopped
- ☐ 3 ounces shiitake mushroom caps diced
- ☐ 16 ounce skinned
- ☐ 1.5 cups pkt spinach chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ plastic wrap
- ☐ dutch oven

Directions

- ☐ Combine first 3 ingredients in a small bowl. Rub miso mixture over both sides of chicken breast halves. Wrap each breast half securely in plastic wrap. Arrange the packets in steamer rack; place rack in a Dutch oven. Steam packets, covered, 20 minutes or until done.
- ☐ Remove packets from steamer; let stand 5 minutes.
- ☐ Remove chicken from packets, reserving liquid from packets. Dice chicken; set aside. Discard water in pan; wipe pan dry with a paper towel.
- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add egg whites, and cook 2 minutes or until done.
- ☐ Remove egg whites from skillet; coarsely chop.
- ☐ Add reserved cooking liquid, chicken, onion, carrot, and fish sauce to Dutch oven, and bring to a boil. Reduce heat to medium; cook 5 minutes or until liquid almost evaporates.
- ☐ Add rice, mushrooms, parsley, green onions, and soy sauce; cook 3 minutes. Stir in egg whites and spinach.

Nutrition Facts



Properties

Glycemic Index:90.01, Glycemic Load:17.3, Inflammation Score:-10, Nutrition Score:33.532173897909%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg

Nutrients (% of daily need)

Calories: 352.86kcal (17.64%), Fat: 4.86g (7.47%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 41.46g (13.82%), Net Carbohydrates: 36.2g (13.16%), Sugar: 4.92g (5.46%), Cholesterol: 72.57mg (24.19%), Sodium: 1052.21mg (45.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.87g (69.74%), Vitamin A: 6642.11IU (132.84%), Vitamin K: 100.48µg (95.69%), Manganese: 1.75mg (87.26%), Vitamin B3: 15.06mg (75.29%), Selenium: 47.37µg (67.67%), Vitamin B6: 1.28mg (63.85%), Phosphorus: 416.22mg (41.62%), Magnesium: 126.44mg (31.61%), Potassium: 952.46mg (27.21%), Vitamin B5: 2.71mg (27.06%), Vitamin B2: 0.44mg (26.16%), Fiber: 5.26g (21.06%), Vitamin B1: 0.27mg (17.83%), Vitamin C: 13.22mg (16.02%), Folate: 60.29µg (15.07%), Zinc: 2.17mg (14.45%), Copper: 0.27mg (13.47%), Iron: 2.18mg (12.12%), Calcium: 68.1mg (6.81%), Vitamin B12: 0.29µg (4.87%), Vitamin E: 0.72mg (4.8%), Vitamin D: 0.2µg (1.32%)