



Orange-Chicken Rice Bowl

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup asian sesame dressing toasted kraft
- 3 cups rice long-grain white hot cooked
- 0.3 cup orange juice
- 0.3 cup planters cocktail peanuts chopped
- 3 cups stir-fry vegetables green red yellow frozen (broccoli, , and peppers, onions)
- 1 lb chicken breasts boneless skinless cut into thin strips

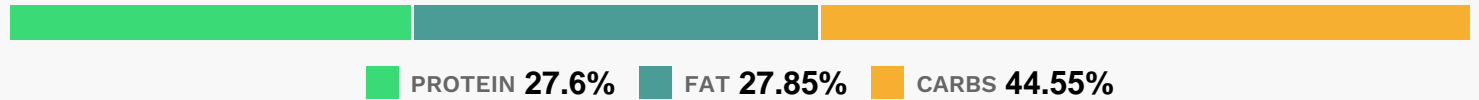
Equipment

- frying pan

Directions

- Cook chicken in large nonstick skillet on medium heat 5 min. or until done, stirring frequently.
- Stir in dressing and juice. Bring to boil.
- Add vegetables; cook 5 to 7 min. or until heated through, stirring occasionally.
- Serve over rice; top with nuts.

Nutrition Facts



Properties

Glycemic Index:7.34, Glycemic Load:5.68, Inflammation Score:-6, Nutrition Score:4.0369565451275%

Flavonoids

Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 66.52kcal (3.33%), Fat: 2.08g (3.2%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 6.56g (2.38%), Sugar: 0.35g (0.39%), Cholesterol: 9.68mg (3.23%), Sodium: 47.37mg (2.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Vitamin A: 933.62IU (18.67%), Vitamin B3: 2.07mg (10.35%), Selenium: 6.22µg (8.88%), Manganese: 0.15mg (7.68%), Vitamin B6: 0.15mg (7.52%), Phosphorus: 55.13mg (5.51%), Vitamin C: 3.11mg (3.77%), Fiber: 0.93g (3.73%), Potassium: 116.51mg (3.33%), Vitamin B5: 0.33mg (3.32%), Magnesium: 12.71mg (3.18%), Vitamin B1: 0.05mg (3.01%), Folate: 9.9µg (2.47%), Copper: 0.04mg (2.19%), Vitamin B2: 0.03mg (2.05%), Zinc: 0.28mg (1.84%), Iron: 0.32mg (1.8%), Vitamin K: 1.2µg (1.14%)