



Orange-Chicken Rice Bowl



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli florets
- ☐ 2 green onions cut into 1/2-inch pieces
- ☐ 0.3 cup orange juice
- ☐ 1 bell pepper red cut into 1 inch chunks
- ☐ 2 tablespoons sesame salad dressing asian-style toasted
- ☐ 1 pound chicken breast halves boneless skinless cut into 1 1/2 inch pieces
- ☐ 1 zucchini cut into 1 inch chunks

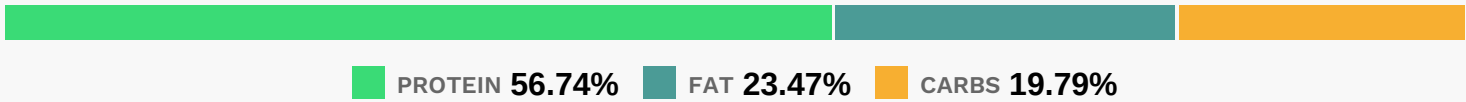
Equipment

☐ frying pan

Directions

- ☐ Heat a large skillet over medium heat, and place 2 tablespoons of sesame salad dressing in the skillet.
- ☐ Add the chicken, and cook and stir until no longer pink in the middle and beginning to brown, 5 to 7 minutes. Stir in the orange juice and 2 more tablespoons of sesame dressing, and bring to a boil.
- ☐ Stir in the red bell pepper, zucchini, broccoli, and green onions, and cook and stir until the vegetables are tender and the broccoli is bright green in color, 5 to 8 minutes.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:2.03, Inflammation Score:-9, Nutrition Score:24.084782434546%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 186.5kcal (9.33%), Fat: 4.87g (7.49%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 6.75g (2.46%), Sugar: 5.45g (6.05%), Cholesterol: 72.57mg (24.19%), Sodium: 222.29mg (9.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.49g (52.98%), Vitamin C: 97.7mg (118.43%), Vitamin B3: 12.73mg (63.67%), Vitamin K: 66.56µg (63.39%), Vitamin B6: 1.11mg (55.49%), Selenium: 37.74µg (53.92%), Phosphorus: 300.43mg (30.04%), Vitamin A: 1440.3IU (28.81%), Potassium: 807.46mg (23.07%), Vitamin B5: 2.1mg (21.05%), Folate: 67.14µg (16.78%), Vitamin B2: 0.25mg (14.55%), Magnesium: 54.68mg (13.67%), Manganese: 0.25mg (12.33%), Vitamin B1: 0.16mg (10.78%), Fiber: 2.48g (9.94%), Vitamin E: 1.29mg (8.61%), Zinc: 1.11mg (7.41%), Iron: 1.2mg (6.66%), Copper: 0.1mg (4.85%), Calcium: 43.91mg (4.39%), Vitamin B12: 0.23µg (3.78%)