



Pansoh



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups rice long-grain hot cooked
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.3 cup ginger fresh peeled chopped
- ☐ 3 tablespoons lemon grass fresh peeled finely chopped
- ☐ 1 pound okra pods
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup shallots chopped

- ☐ 0.5 pound skinned cut into 1-inch pieces
- ☐ 1 pound skinned cut into 1-inch pieces

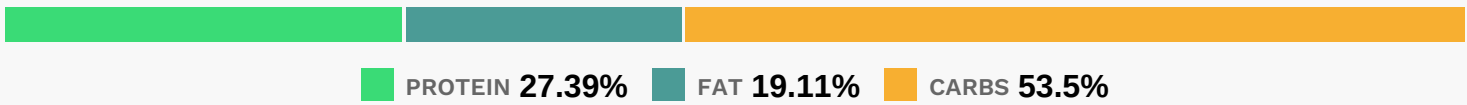
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 32
- ☐ Combine first 8 ingredients in a large bowl; stir well.
- ☐ Cut 1 (20-inch-long) sheet of foil; place chicken mixture on half of foil sheet.
- ☐ Spread into a single layer, leaving a 1-inch margin around edges of foil. Fold the other half of foil sheet over the chicken mixture. Bring edges of foil together, and fold several times to form a sealed packet.
- ☐ Place foil packet on a baking sheet.
- ☐ Bake at 325 for 45 minutes.
- ☐ Steam the okra, covered, 10 minutes or until crisp-tender.
- ☐ Remove chicken mixture from oven, and let stand 5 minutes. Spoon 2/3 cup chicken and juices over 1 cup rice; top with 1/2 cup okra.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:50.03, Inflammation Score:-8, Nutrition Score:23.867825995321%

Flavonoids

Quercetin: 16.56mg, Quercetin: 16.56mg, Quercetin: 16.56mg, Quercetin: 16.56mg

Nutrients (% of daily need)

Calories: 424.32kcal (21.22%), Fat: 8.9g (13.69%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 56.07g (18.69%), Net Carbohydrates: 52.05g (18.93%), Sugar: 3.35g (3.72%), Cholesterol: 85.43mg (28.48%), Sodium: 321.91mg (14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.71g (57.41%), Manganese: 1.59mg (79.34%), Selenium: 44.01µg (62.88%), Vitamin B3: 11.15mg (55.77%), Vitamin B6: 1.11mg (55.33%), Phosphorus: 352.9mg (35.29%), Vitamin K: 29.02µg (27.64%), Vitamin C: 21.02mg (25.48%), Magnesium: 98.05mg (24.51%), Vitamin B5: 2.36mg (23.57%), Potassium: 768.56mg (21.96%), Vitamin B1: 0.28mg (18.57%), Folate: 66.34µg (16.59%), Fiber: 4.02g (16.08%), Zinc: 2.31mg (15.37%), Vitamin A: 684.85IU (13.7%), Copper: 0.27mg (13.68%), Vitamin B2: 0.2mg (11.98%), Iron: 1.89mg (10.5%), Calcium: 97.78mg (9.78%), Vitamin B12: 0.39µg (6.55%), Vitamin E: 0.55mg (3.63%)