



## Quick Chicken Teriyaki

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



30

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 cups broccoli florets frozen
- 0.5 tsp garlic powder
- 1.5 cups rice white instant uncooked
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 1 lb chicken breasts boneless skinless cut into strips
- 0.3 cup teriyaki sauce
- 1.3 cups water

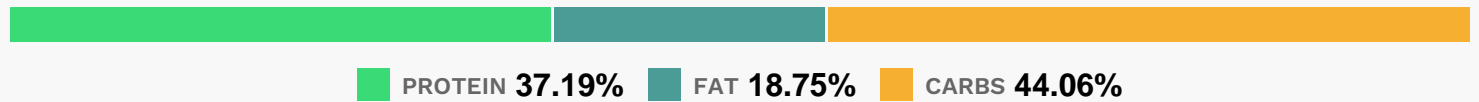
## Equipment

frying pan

## Directions

- Heat dressing in large nonstick skillet on medium-high heat.
- Add chicken; cook and stir 5 to 7 min. or until done.
- Add water, teriyaki sauce and garlic powder; stir. Bring to boil.
- Stir in broccoli and rice; cover. Cook on low heat 5 min.
- Remove from heat.
- Let stand, covered, 5 min. Fluff with fork.

## Nutrition Facts



## Properties

Glycemic Index:1.23, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:3.1204347911736%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 42.65kcal (2.13%), Fat: 0.87g (1.34%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 4.34g (1.58%), Sugar: 0.66g (0.73%), Cholesterol: 9.68mg (3.23%), Sodium: 131.89mg (5.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.75%), Vitamin B3: 1.95mg (9.75%), Selenium: 6.67µg (9.52%), Vitamin K: 7.32µg (6.97%), Vitamin C: 5.6mg (6.79%), Vitamin B6: 0.13mg (6.68%), Phosphorus: 45.03mg (4.5%), Folate: 16.47µg (4.12%), Vitamin B1: 0.06mg (3.68%), Manganese: 0.06mg (2.92%), Vitamin B5: 0.27mg (2.74%), Potassium: 83.94mg (2.4%), Iron: 0.42mg (2.33%), Magnesium: 7.51mg (1.88%), Vitamin B2: 0.03mg (1.48%), Zinc: 0.18mg (1.2%)