



Sautéed Chicken with Asian Rice



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1.3 pounds chicken breast halves boneless skinless
- ☐ 1.8 cups water
- ☐ 1.5 cups rice instant uncooked
- ☐ 0.3 cup sauce
- ☐ 1 pound bell pepper red frozen

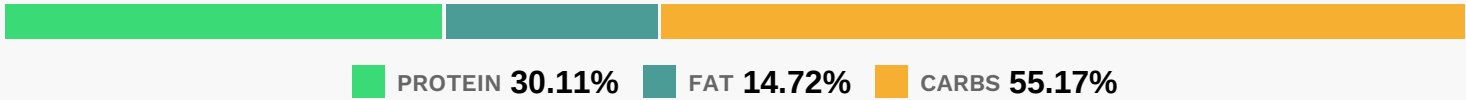
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in 10-inch nonstick skillet over medium-high heat. Cook chicken in oil 8 to 10 minutes, turning once, until juice is no longer pink when centers of thickest pieces are cut.
- ☐ Remove chicken from skillet; keep warm.
- ☐ Add water to skillet; heat to boiling. Stir in rice and stir-fry sauce; remove from heat. Cover and let stand 5 minutes.
- ☐ While rice is standing, cook vegetables as directed on bag.
- ☐ Serve chicken over rice with vegetables on the side.

Nutrition Facts



Properties

Glycemic Index:23.3, Glycemic Load:34.81, Inflammation Score:-10, Nutrition Score:30.349999746551%

Flavonoids

Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 492.39kcal (24.62%), Fat: 7.88g (12.13%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 66.49g (22.16%), Net Carbohydrates: 63.2g (22.98%), Sugar: 8.26g (9.18%), Cholesterol: 90.72mg (30.24%), Sodium: 355.05mg (15.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.3g (72.59%), Vitamin C: 146.85mg (178%), Vitamin B3: 17mg (85.02%), Selenium: 55.95µg (79.93%), Vitamin B6: 1.51mg (75.27%), Vitamin A: 3593.02IU (71.86%), Manganese: 0.9mg (45.15%), Phosphorus: 406.93mg (40.69%), Vitamin B5: 3.08mg (30.83%), Potassium: 843.52mg (24.1%), Magnesium: 68.84mg (17.21%), Vitamin E: 2.42mg (16.1%), Vitamin B2: 0.27mg (16.01%), Folate: 63.38µg (15.85%), Vitamin B1: 0.2mg (13.37%), Fiber: 3.28g (13.13%), Zinc: 1.87mg (12.48%), Vitamin K: 12.16µg (11.58%), Copper: 0.23mg (11.34%), Iron: 1.57mg (8.71%), Vitamin B12: 0.28µg (4.72%), Calcium: 37.56mg (3.76%)