



Sesame Chicken Edamame Bowl

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

READY IN



45 min.

SERVINGS



6

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups bell pepper frozen
- 2 teaspoons canola oil
- 2 cups brown rice hot cooked
- 0.3 teaspoon cornstarch
- 1 teaspoon sesame oil dark
- 2 cups edamame green frozen shelled (soybeans)
- 1 tablespoon ginger fresh minced peeled
- 2 garlic clove minced

- 0.5 cup spring onion ()
- 2 teaspoons lemon grass fresh minced peeled
- 2 tablespoons soy sauce low-sodium
- 1 tablespoon rice wine sweet (rice wine)
- 0.5 teaspoon salt
- 2 teaspoons sesame seed dark
- 1 pound chicken breast boneless skinless cut into bite-sized pieces

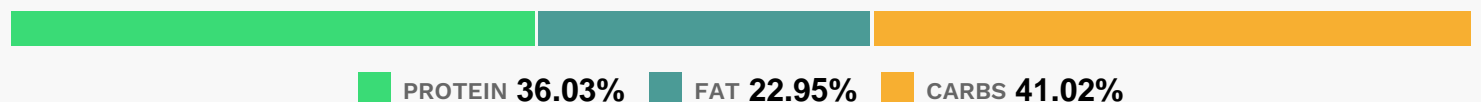
Equipment

- frying pan
- whisk

Directions

- Heat canola oil in a large nonstick skillet over medium-high heat.
- Add ginger, lemongrass, and garlic; saut 1 minute or just until mixture begins to brown.
- Add chicken; saut 2 minutes.
- Add edamame and stir-fry mix; saut 3 minutes.
- Combine soy sauce, mirin, sesame oil, and cornstarch, stirring with a whisk.
- Add to pan; cook 1 minute.
- Remove from heat. Stir in onions, sesame seeds, and salt.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:32.7, Glycemic Load:8.27, Inflammation Score:-9, Nutrition Score:20.426956570667%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 265.52kcal (13.28%), Fat: 6.67g (10.27%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 22.24g (8.09%), Sugar: 3.67g (4.08%), Cholesterol: 48.38mg (16.13%), Sodium: 477.93mg (20.78%), Alcohol: 0.4g (100%), Alcohol %: 0.2% (100%), Protein: 23.57g (47.15%), Vitamin C: 66.43mg (80.52%), Vitamin B3: 9.39mg (46.95%), Manganese: 0.87mg (43.49%), Vitamin B6: 0.84mg (42.05%), Selenium: 24.74µg (35.34%), Vitamin A: 1661IU (33.22%), Phosphorus: 240.27mg (24.03%), Potassium: 715.35mg (20.44%), Vitamin K: 20.89µg (19.9%), Fiber: 4.59g (18.36%), Magnesium: 63.01mg (15.75%), Vitamin B5: 1.52mg (15.22%), Iron: 2.52mg (13.99%), Vitamin B1: 0.16mg (10.4%), Folate: 37.21µg (9.3%), Vitamin B2: 0.15mg (8.75%), Vitamin E: 1.24mg (8.29%), Zinc: 1.12mg (7.44%), Calcium: 70.98mg (7.1%), Copper: 0.13mg (6.26%), Vitamin B12: 0.15µg (2.52%)