



Sesame Grilled Chicken & Veggies

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup seasons asian sesame dressing mix (with reduced-oil directions) good prepared
- 2.7 cups brown rice hot cooked
- 0.5 cup parsley fresh chopped
- 0.5 lb mushrooms
- 1 lb chicken breast halves boneless skinless
- 2 zucchini

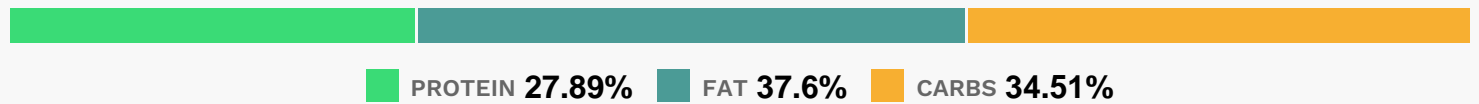
Equipment

- grill

Directions

- Preheat grill to medium heat.
- Brush vegetables and chicken with 1/4 cup dressing; place on grate of grill.
- Grill 6 to 8 min. or until vegetables are crisp-tender, turning and brushing occasionally with some of the remaining dressing.
- Transfer vegetables to serving plate. Grill chicken an additional 3 to 4 min. or until cooked through (165F).
- Mix rice and parsley.
- Serve with the chicken and vegetables.

Nutrition Facts



Properties

Glycemic Index:32.8, Glycemic Load:15.53, Inflammation Score:-8, Nutrition Score:31.507826317912%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 445.15kcal (22.26%), Fat: 18.71g (28.78%), Saturated Fat: 2.92g (18.22%), Carbohydrates: 38.62g (12.87%), Net Carbohydrates: 34.17g (12.43%), Sugar: 6.24g (6.93%), Cholesterol: 72.57mg (24.19%), Sodium: 460.22mg (20.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.22g (62.44%), Vitamin K: 144.94µg (138.04%), Manganese: 1.66mg (82.76%), Vitamin B3: 16.14mg (80.72%), Vitamin B6: 1.27mg (63.43%), Selenium: 42.26µg (60.38%), Phosphorus: 440.15mg (44.01%), Vitamin C: 30.07mg (36.45%), Vitamin B5: 3.2mg (32.04%), Potassium: 1048.97mg (29.97%), Magnesium: 113.18mg (28.29%), Vitamin B2: 0.46mg (26.85%), Vitamin B1: 0.3mg (20.11%), Copper: 0.38mg (18.97%), Fiber: 4.45g (17.79%), Vitamin A: 873.07IU (17.46%), Zinc: 2.18mg (14.56%), Folate: 54.29µg (13.57%), Iron: 2.41mg (13.37%), Vitamin E: 1.96mg (13.05%), Calcium: 52.34mg (5.23%), Vitamin B12: 0.25µg (4.16%), Vitamin D: 0.23µg (1.51%)