



Spicy Chicken and Orzo Skillet

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 4 chicken breast boneless skinless cut into thin bite-size strips
- ☐ 1 clove garlic finely chopped
- ☐ 1 cup baby carrots quartered
- ☐ 1 small onion cut into thin wedges
- ☐ 5.5 oz orzo pasta uncooked
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon seasoning italian

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.5 cup water
- ☐ 15 oz garbanzo beans rinsed drained canned
- ☐ 1.8 cups chicken broth (from 32 oz carton)
- ☐ 2 cups pkt spinach fresh cut into thin strips

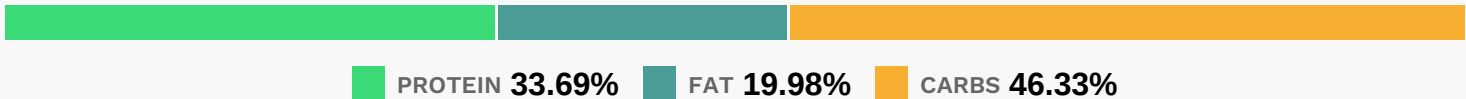
Equipment

- ☐ frying pan

Directions

- ☐ In 12-inch skillet, heat oil over medium-high heat until hot.
- ☐ Add chicken and garlic; cook and stir 3 minutes.
- ☐ Add carrots and onion; cover and cook 2 to 3 minutes or until vegetables are crisp-tender, stirring once.
- ☐ Stir in all remaining ingredients except spinach.
- ☐ Heat to boiling. Reduce heat; cover and simmer 12 to 15 minutes, stirring occasionally, until most of liquid is absorbed and orzo is tender.
- ☐ Stir in spinach; cover and cook 2 to 3 minutes longer or until spinach is wilted.

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:16.11, Inflammation Score:-10, Nutrition Score:33.495652343916%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 429.23kcal (21.46%), Fat: 9.48g (14.59%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 49.48g (16.49%), Net Carbohydrates: 41.74g (15.18%), Sugar: 3.86g (4.29%), Cholesterol: 74.38mg (24.79%), Sodium: 854.52mg (37.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.98g (71.96%), Vitamin A: 5956.4IU (119.13%), Selenium: 64.05µg (91.5%), Vitamin K: 83.9µg (79.91%), Manganese: 1.54mg (77.13%), Vitamin B6: 1.51mg (75.39%), Vitamin B3: 13.19mg (65.94%), Phosphorus: 426.28mg (42.63%), Fiber: 7.74g (30.97%), Potassium: 881.68mg (25.19%), Magnesium: 99.93mg (24.98%), Vitamin B5: 2.27mg (22.74%), Folate: 79.91µg (19.98%), Copper: 0.4mg (19.75%), Iron: 3.51mg (19.52%), Vitamin B2: 0.26mg (15.51%), Zinc: 2.23mg (14.85%), Vitamin B1: 0.2mg (13.2%), Vitamin C: 8.08mg (9.8%), Calcium: 95.99mg (9.6%), Vitamin E: 1.04mg (6.95%), Vitamin B12: 0.25µg (4.11%)