



Spicy Lemon Chicken with Brussels Sprouts

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

READY IN



25 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 19 oz brussels sprouts frozen
- 1 teaspoon vegetable oil
- 3 chicken breast boneless skinless cut into 2x1/2-inch strips (1 cup)
- 2 teaspoons lemon pepper
- 3 tablespoons juice of lemon
- 0.3 cup spring onion chopped (4 medium)
- 4 cups rice hot cooked
- 1 serving lemon wedges

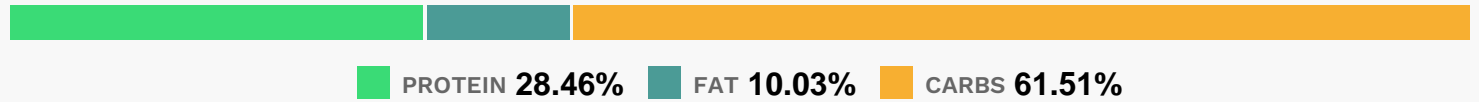
Equipment

frying pan

Directions

- Cook frozen Brussels sprouts as directed on bag, using minimum cook time.
- In 10-inch nonstick skillet, heat oil over medium-high heat until hot.
- Add chicken; sprinkle with lemon-pepper seasoning. Cook 3 to 4 minutes, stirring constantly, until chicken is no longer pink.
- Reduce heat to low; stir in cooked Brussels sprouts, lemon juice and green onions. Cook and stir about 2 minutes or until hot.
- Serve over hot cooked rice.
- Garnish with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:57.63, Glycemic Load:50.27, Inflammation Score:-9, Nutrition Score:30.535217194454%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg Naringenin: 4.59mg, Naringenin: 4.59mg, Naringenin: 4.59mg, Naringenin: 4.59mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 376.92kcal (18.85%), Fat: 4.24g (6.52%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 58.46g (19.49%), Net Carbohydrates: 52.25g (19%), Sugar: 3.48g (3.87%), Cholesterol: 54.24mg (18.08%), Sodium: 134.87mg (5.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.05g (54.11%), Vitamin K: 255.16µg (243.01%), Vitamin C: 121.14mg (146.84%), Manganese: 1.35mg (67.56%), Selenium: 41.22µg (58.89%), Vitamin B6: 1.09mg (54.44%), Vitamin B3: 10.53mg (52.65%), Phosphorus: 343.66mg (34.37%), Potassium: 935.18mg (26.72%), Fiber: 6.21g (24.82%), Folate: 96.72µg (24.18%), Vitamin B5: 2.27mg (22.74%), Vitamin A: 1109.28IU (22.19%), Magnesium: 75.62mg (18.91%), Vitamin B1: 0.28mg (18.69%), Iron: 2.72mg (15.08%), Vitamin B2: 0.23mg (13.82%), Zinc: 1.87mg

(12.49%), Copper: 0.25mg (12.33%), Vitamin E: 1.56mg (10.42%), Calcium: 86.26mg (8.63%), Vitamin B12: 0.17µg (2.82%)