



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

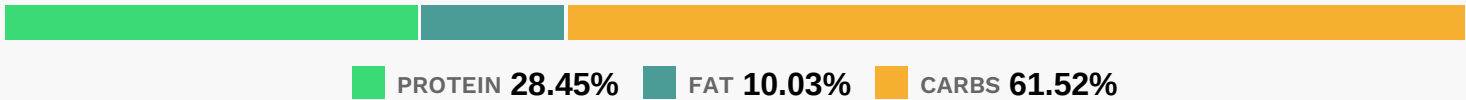
Equipment

☐ 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:50.28, Inflammation Score:-9, Nutrition Score:30.548695763816%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 4.59mg, Naringenin: 4.59mg, Naringenin: 4.59mg, Naringenin: 4.59mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 377.14kcal (18.86%), Fat: 4.24g (6.52%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 58.53g (19.51%), Net Carbohydrates: 52.3g (19.02%), Sugar: 3.5g (3.89%), Cholesterol: 54.24mg (18.08%), Sodium: 134.89mg (5.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.06g (54.13%), Vitamin K: 255.16µg (243.01%), Vitamin C: 121.54mg (147.32%), Manganese: 1.35mg (67.57%), Selenium: 41.23µg (58.89%), Vitamin B6: 1.09mg (54.47%), Vitamin B3: 10.53mg (52.65%), Phosphorus: 343.78mg (34.38%), Potassium: 936.21mg (26.75%), Fiber: 6.23g (24.91%), Folate: 96.8µg (24.2%), Vitamin B5: 2.28mg (22.75%), Vitamin A: 1109.44IU (22.19%), Magnesium: 75.68mg (18.92%), Vitamin B1: 0.28mg (18.71%), Iron: 2.72mg (15.11%), Vitamin B2: 0.24mg (13.83%), Zinc: 1.87mg

(12.49%), Copper: 0.25mg (12.34%), Vitamin E: 1.56mg (10.43%), Calcium: 86.46mg (8.65%), Vitamin B12: 0.17µg (2.82%)