



 **66%**
HEALTH SCORE

Stir Fried Quinoa, Brown Rice and Chicken Breast

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



1

CALORIES



754 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon suya seasoning mix
- 0.5 cup brown rice
- 1.5 teaspoon butter melted
- 1 handful carrots chopped
- 4 cherry tomatoes whole
- 1 chicken breast thinly sliced ()
- 2 cloves garlic

- 1 serving seasoning cubes
- 1 handful bell pepper green chopped
- 1 medium roma tomatoes
- 1 scotch bonnet peppers (ata rodo)
- 1 scotch bonnet peppers (ata rodo)
- 1 spring onion chopped
- 1 teaspoon vegetable oil
- 1 cup water

Equipment

- bowl
- frying pan
- pot

Directions

- In a bowl, season the chicken breast with the seasoning cubes and suya spice and allow to marinate for 2 hours or if you are really hungry, you can use immediately. In a pot of boiling water (1 cup), pour in your quinoa mix and the teaspoon of oil and allow to boil till soft which should take about 5-7 minutes.
- Pour into a bowl and set aside. In a pan, heat up the melted butter and pan fry on medium heat the chicken breast, constantly flipping it over so it browns on both sides, reduce the heat, cover the pan and allow the chicken cook properly. If the pan becomes too dry, add 2 tablespoons of water. Stir in the chopped vegetables into the pan of frying chicken and finally add the quinoa/brown rice mix.
- Serve hot!

Nutrition Facts



PROTEIN 30.89% **FAT 23.46%** **CARBS 45.65%**

Properties

Glycemic Index:360.58, Glycemic Load:42.75, Inflammation Score:-9, Nutrition Score:45.485217391304%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 754.02kcal (37.7%), Fat: 19.57g (30.11%), Saturated Fat: 6.45g (40.34%), Carbohydrates: 85.69g (28.56%), Net Carbohydrates: 78.36g (28.5%), Sugar: 5.02g (5.58%), Cholesterol: 161.3mg (53.77%), Sodium: 356.32mg (15.49%), Protein: 57.98g (115.95%), Manganese: 4.14mg (206.87%), Vitamin B3: 28.99mg (144.97%), Vitamin B6: 2.52mg (125.89%), Selenium: 73.98µg (105.69%), Phosphorus: 791.18mg (79.12%), Vitamin C: 60.55mg (73.4%), Vitamin K: 74.65µg (71.09%), Magnesium: 232.09mg (58.02%), Vitamin B5: 4.92mg (49.24%), Potassium: 1576.41mg (45.04%), Vitamin B1: 0.63mg (41.85%), Vitamin A: 1669.39IU (33.39%), Iron: 5.49mg (30.5%), Fiber: 7.33g (29.31%), Copper: 0.54mg (26.78%), Zinc: 3.77mg (25.1%), Vitamin B2: 0.36mg (20.97%), Vitamin E: 2.81mg (18.71%), Folate: 70.84µg (17.71%), Calcium: 166.67mg (16.67%), Vitamin B12: 0.46µg (7.75%), Vitamin D: 0.23µg (1.51%)