



## Stir-Fry Salad with Rice

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



20

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup brown rice long-grain uncooked
- 0.5 cup lite house dressing italian kraft
- 1 Tbsp oil
- 10 oz torn salad greens
- 1 lb chicken breasts boneless skinless cut into thin strips
- 2 Tbsp soya sauce
- 3 cups cut-up vegetables mixed fresh red (broccoli, carrots, pea pods and peppers)

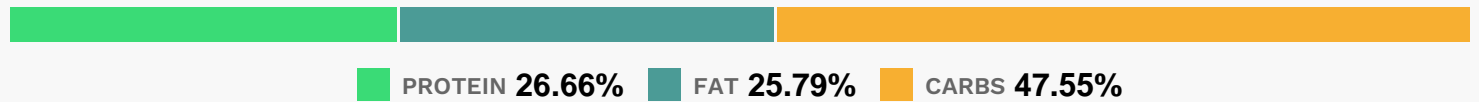
## Equipment

- bowl
- frying pan

## Directions

- Cook rice as directed on package, omitting butter and salt.
- Meanwhile, heat oil in large skillet on medium heat.
- Add chicken; cook and stir 4 min. or until done.
- Add vegetables; cook and stir 2 min. or until vegetables are crisp-tender.
- Mix dressing and soy sauce until blended. Toss salad greens with chicken mixture and rice in large bowl.
- Serve with dressing mixture.

## Nutrition Facts



## Properties

Glycemic Index:5.94, Glycemic Load:5.24, Inflammation Score:-8, Nutrition Score:7.2995653165423%

## Nutrients (% of daily need)

Calories: 101.35kcal (5.07%), Fat: 2.94g (4.52%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 10.75g (3.91%), Sugar: 0.67g (0.74%), Cholesterol: 14.52mg (4.84%), Sodium: 202.09mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.65%), Vitamin A: 1556.24IU (31.12%), Manganese: 0.46mg (22.86%), Vitamin B3: 3.27mg (16.37%), Vitamin B6: 0.26mg (13.16%), Selenium: 7.56µg (10.79%), Phosphorus: 97.56mg (9.76%), Vitamin C: 6.42mg (7.79%), Magnesium: 28.61mg (7.15%), Vitamin B1: 0.09mg (6.24%), Potassium: 200.38mg (5.73%), Fiber: 1.43g (5.72%), Vitamin B5: 0.53mg (5.33%), Folate: 16.29µg (4.07%), Iron: 0.66mg (3.68%), Vitamin K: 3.83µg (3.65%), Vitamin B2: 0.06mg (3.52%), Copper: 0.07mg (3.42%), Zinc: 0.49mg (3.25%), Vitamin E: 0.29mg (1.96%), Calcium: 14.06mg (1.41%)