



Unfried" Chicken Fried Rice

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

READY IN



25 min.

SERVINGS



4

CALORIES



597 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14 oz chicken broth canned
- 2 cups minute rice white uncooked
- 3 cups stir-fry vegetables frozen
- 1 lb chicken breasts boneless skinless cut into bite-size pieces
- 4 tsp soya sauce
- 1 Tbsp vegetable oil

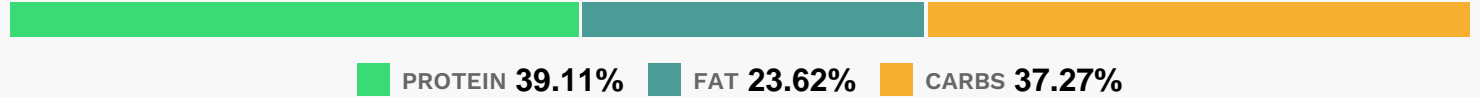
Equipment

- frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add chicken; cook and stir 5 min. or until cooked through.
- Add broth and soy sauce. Bring to boil.
- Stir in vegetables and rice; cover. Reduce heat to low; cook 5 min. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:5.85, Inflammation Score:-10, Nutrition Score:34.175217498904%

Nutrients (% of daily need)

Calories: 597.25kcal (29.86%), Fat: 15.49g (23.84%), Saturated Fat: 3.59g (22.46%), Carbohydrates: 55g (18.33%), Net Carbohydrates: 48.67g (17.7%), Sugar: 0.12g (0.14%), Cholesterol: 122.19mg (40.73%), Sodium: 1013.41mg (44.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.72g (115.43%), Vitamin A: 7141.12IU (142.82%), Selenium: 71.13µg (101.62%), Vitamin B3: 19.17mg (95.83%), Vitamin B6: 1.23mg (61.67%), Phosphorus: 529.02mg (52.9%), Vitamin B1: 0.64mg (42.72%), Folate: 165.44µg (41.36%), Manganese: 0.8mg (40.18%), Iron: 5.86mg (32.55%), Zinc: 4.39mg (29.29%), Fiber: 6.32g (25.3%), Potassium: 885.09mg (25.29%), Magnesium: 89.52mg (22.38%), Vitamin B2: 0.35mg (20.58%), Vitamin B5: 2.05mg (20.47%), Vitamin B12: 1.22µg (20.32%), Vitamin C: 15.56mg (18.86%), Copper: 0.29mg (14.57%), Vitamin K: 8.8µg (8.39%), Calcium: 64.35mg (6.43%), Vitamin E: 0.83mg (5.52%), Vitamin D: 0.21µg (1.42%)