



Wild Rice and Asparagus Chicken Breasts



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound asparagus fresh
- ☐ 1 tablespoon brown sugar
- ☐ 2 cups rice wild cooked
- ☐ 3 tablespoons hoisin sauce
- ☐ 4 tablespoons vegetable oil; peanut oil preferred
- ☐ 1 chicken breast whole boneless skinless cubed

Equipment

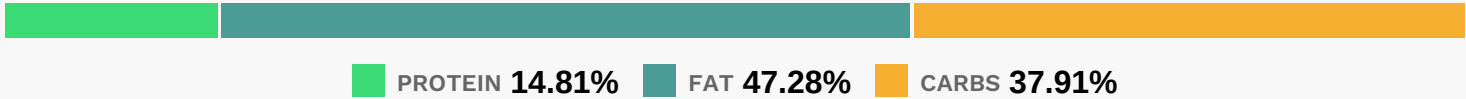
- ☐ bowl

☐ wok

Directions

- ☐ Cut asparagus into 3/4 inch to 1 inch pieces, discarding tough bottoms of spears. In a small bowl, mix together the hoisin sauce and brown sugar and set aside. Prepare rice OR reheat cooked rice and keep warm.
- ☐ Heat wok over medium high heat. When hot, dribble 1 tablespoon of oil around the rim. Stir fry asparagus for approximately 2 minutes.
- ☐ Remove from the wok and keep warm.
- ☐ Heat wok to high heat.
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- ☐ Add 2 tablespoons of oil and the chicken pieces and stir fry until the chicken is no longer pink.
- ☐ Add the reserved asparagus and hoisin/sugar sauce and stir fry all together until pieces are coated with sauce.
- ☐ Serve over the hot rice.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.65, Inflammation Score:-8, Nutrition Score:22.683478345042%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 575.85kcal (28.79%), Fat: 30.97g (47.65%), Saturated Fat: 5.31g (33.21%), Carbohydrates: 55.87g (18.62%), Net Carbohydrates: 49.86g (18.13%), Sugar: 15.7g (17.45%), Cholesterol: 36.88mg (12.29%), Sodium: 463.21mg (20.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.83g (43.67%), Vitamin B3: 9.4mg (47%), Vitamin K: 48.42µg (46.12%), Vitamin E: 6.25mg (41.64%), Vitamin B6: 0.77mg (38.26%), Manganese: 0.71mg (35.75%), Phosphorus: 321.46mg (32.15%), Selenium: 22.5µg (32.15%), Folate: 109.45µg (27.36%), Vitamin B2: 0.41mg (24.19%), Fiber: 6.01g (24.02%), Copper: 0.46mg (23.08%), Magnesium: 89.35mg (22.34%), Iron: 3.91mg

(21.74%), Zinc: 3.22mg (21.46%), Vitamin B1: 0.28mg (18.97%), Potassium: 640.29mg (18.29%), Vitamin A: 880.6IU (17.61%), Vitamin B5: 1.39mg (13.93%), Vitamin C: 7.12mg (8.64%), Calcium: 47.62mg (4.76%), Vitamin B12: 0.11µg (1.88%)