

Chicken And Pepper Rice Cooker Bento

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/panasonic-rice-cooker-recipe-book-india>

Ingredients:

- 1/2 cup rice 120 calories
- 1 rice cooker cup of rice
- 2 bell peppers large or 3 medium sweet, de-seeded and cut into chunks
- 8 ounces boneless skinless chicken breast cut into chunks
- 2 tablespoons sesame oil or other oil of your choice
- 1 tablespoon soy sauce
- salt a tiny bit of
- black pepper

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 35 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 490 milligrams
9. Sugar: 1 grams

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