



HEALTH SCORE

100%

## Asian Chicken and Broccoli With Chili Garlic Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon sesame oil
- 4 cups broccoli florets
- 2 cups chicken breast strips/pre-cooked/chopped cooked chopped
- 0.3 cup chicken broth low sodium
- 1 tablespoons rice vinegar
- 1 tablespoon mirin
- 0.5 cup water

- 0.5 teaspoon sriracha
- 1 tablespoon fish sauce
- 1 teaspoon soya sauce
- 0.5 tablespoon cornstarch
- 1 cup spring onion sliced
- 2 cups brown rice cooked

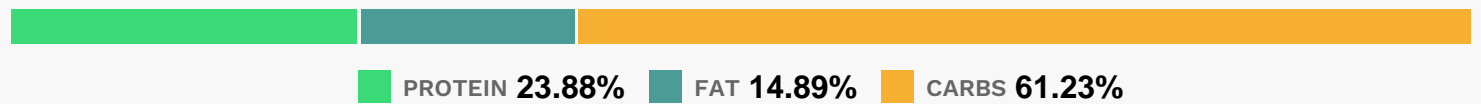
## Equipment

- bowl
- frying pan

## Directions

- Combine rice vinegar, Mirin, water, chili garlic sauce, fish sauce, soy sauce and cornstarch in a bowl.
- Preheat a large skillet over medium-high heat and spray with cooking spray.
- Add sesame oil and stir fry broccoli for 3 4 minutes until crisp-tender.
- Add 1/4 cup chicken broth if needed to keep from burning.
- Add cooked chicken and sauce. Cook another 3 4 minutes until sauce thickens and chicken is heated through.
- Serve with basmati rice.

## Nutrition Facts



## Properties

Glycemic Index:46.94, Glycemic Load:42.18, Inflammation Score:-9, Nutrition Score:35.006086956522%

## Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.47mg, Kaempferol: 7.47mg, Kaempferol: 7.47mg, Kaempferol: 7.47mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

## Taste

Sweetness: 16.98%, Saltiness: 100%, Sourness: 17.2%, Bitterness: 27.26%, Savoriness: 55.36%, Fattiness: 48.72%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 545.62kcal (27.28%), Fat: 9.02g (13.88%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 83.47g (27.82%), Net Carbohydrates: 77.18g (28.07%), Sugar: 3.45g (3.83%), Cholesterol: 59.5mg (19.83%), Sodium: 595.96mg (25.91%), Alcohol: 0.43g (2.36%), Protein: 32.55g (65.09%), Manganese: 3.82mg (190.98%), Vitamin K: 145.26µg (138.34%), Vitamin C: 85.89mg (104.11%), Vitamin B3: 14.77mg (73.85%), Vitamin B6: 1.1mg (55.02%), Phosphorus: 486.69mg (48.67%), Magnesium: 189.25mg (47.31%), Vitamin B1: 0.52mg (34.74%), Selenium: 22.21µg (31.73%), Vitamin B5: 2.65mg (26.45%), Fiber: 6.29g (25.17%), Folate: 97.7µg (24.42%), Potassium: 819.29mg (23.41%), Zinc: 3.12mg (20.83%), Iron: 3.58mg (19.89%), Copper: 0.38mg (19%), Vitamin A: 831.42IU (16.63%), Vitamin B2: 0.26mg (15.08%), Calcium: 106.59mg (10.66%), Vitamin E: 1.09mg (7.24%), Vitamin B12: 0.27µg (4.57%)