



Asian Chicken with Brussels Sprouts



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



323 kcal

Ingredients

- ☐ 8 ounces brussels sprouts shredded thinly sliced
- ☐ 2 carrots cut into 1/8-inch rounds
- ☐ 0.3 cup t brown sugar dark
- ☐ 2 tablespoons ginger grated
- ☐ 2 cups chicken broth low-sodium
- ☐ 0.3 cup soy sauce low-sodium
- ☐ 0.3 cup rice vinegar
- ☐ 2 spring onion light white green sliced (and parts)
- ☐ 1.5 pounds chicken breast boneless skinless cut into 1-inch pieces

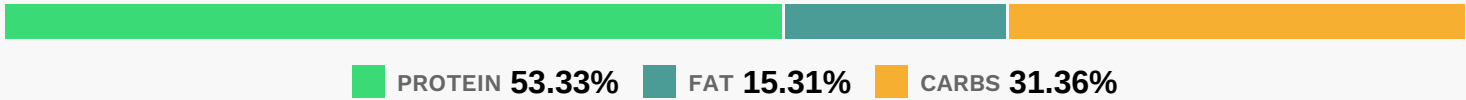
Equipment

☐ sauce pan

Directions

- ☐ Combine the soy sauce, vinegar, sugar, ginger, and chicken broth in a medium saucepan and bring to a boil.
- ☐ Add more flavor to this dish by drizzling it with aromatic toasted sesame oil just before serving.

Nutrition Facts



Properties

Glycemic Index:43.96, Glycemic Load:2.08, Inflammation Score:-10, Nutrition Score:34.263913128687%

Flavonoids

Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg, Naringenin: 1.87mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 322.58kcal (16.13%), Fat: 5.46g (8.4%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 25.16g (8.39%), Net Carbohydrates: 21.78g (7.92%), Sugar: 16.5g (18.33%), Cholesterol: 108.86mg (36.29%), Sodium: 1038.62mg (45.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.78g (85.57%), Vitamin A: 5633.69IU (112.67%), Vitamin K: 117.15µg (111.57%), Vitamin B3: 20.4mg (101.98%), Selenium: 55.81µg (79.72%), Vitamin B6: 1.5mg (75.05%), Vitamin C: 53.34mg (64.65%), Phosphorus: 482.49mg (48.25%), Potassium: 1173.6mg (33.53%), Vitamin B5: 2.78mg (27.8%), Magnesium: 80.92mg (20.23%), Vitamin B2: 0.33mg (19.48%), Manganese: 0.39mg (19.42%), Folate: 60.9µg (15.22%), Vitamin B1: 0.22mg (14.7%), Fiber: 3.38g (13.53%), Iron: 2.26mg (12.57%), Zinc: 1.63mg (10.84%), Copper: 0.19mg (9.53%), Vitamin E: 1.15mg (7.68%), Vitamin B12: 0.46µg (7.64%), Calcium: 71.05mg (7.1%), Vitamin D: 0.17µg (1.13%)