

 **100%**
HEALTH SCORE

Better-Than-Takeout Thai Stir-Fry

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups bean sprouts
- 1 small head broccoli cut into spears
- 9 ounce chicken breast strips/pre-cooked/chopped diced cooked
- 0.5 cup chicken broth
- 12 ounce coleslaw mix shredded
- 0.3 cup creamy peanut butter
- 2 cups mushrooms sliced
- 2 cups mushrooms sliced

- 1 pinch pepper red
- 1 tablespoon sesame seed toasted
- 1 tablespoon soya sauce
- 0.5 onion sweet sliced

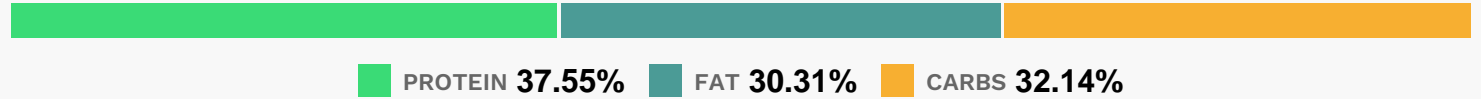
Equipment

- frying pan

Directions

- Bring the chicken broth to a boil in a large, deep skillet over medium-high heat.
- Add the mushrooms, onion, and broccoli; cover, and steam until tender, about 5 minutes. Stir in tamari, peanut butter, and pepper flakes until smooth.
- Add the coleslaw mix, bean sprouts, and chicken; cook until heated through.
- Sprinkle with toasted sesame seeds to garnish.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:4.4, Inflammation Score:-9, Nutrition Score:39.332174073095%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Kaempferol: 12.8mg, Kaempferol: 12.8mg, Kaempferol: 12.8mg, Kaempferol: 12.8mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg

Nutrients (% of daily need)

Calories: 348.21kcal (17.41%), Fat: 12.73g (19.58%), Saturated Fat: 2.7g (16.89%), Carbohydrates: 30.37g (10.12%), Net Carbohydrates: 20.5g (7.45%), Sugar: 14.41g (16.01%), Cholesterol: 54.81mg (18.27%), Sodium: 555.62mg (24.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.48g (70.95%), Vitamin K: 245.81µg (234.1%), Vitamin C: 181.01mg (219.41%), Vitamin B3: 16.5mg (82.51%), Folate: 224.92µg (56.23%), Vitamin B6: 1.07mg (53.67%), Manganese: 1.01mg (50.57%), Vitamin B2: 0.84mg (49.16%), Phosphorus: 478.06mg (47.81%), Selenium: 32.77µg

(46.82%), Fiber: 9.87g (39.48%), Potassium: 1374.55mg (39.27%), Copper: 0.74mg (36.92%), Vitamin B5: 3.63mg (36.33%), Magnesium: 125.77mg (31.44%), Vitamin B1: 0.41mg (27.44%), Iron: 4.17mg (23.18%), Vitamin A: 1068.68IU (21.37%), Vitamin E: 3.08mg (20.51%), Zinc: 2.89mg (19.28%), Calcium: 165.88mg (16.59%), Vitamin B12: 0.26µg (4.35%), Vitamin D: 0.26µg (1.71%)