



Broccoli and Chicken Stir-Fried Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 cups broccoli florets (2 bunches)
- ☐ 1.5 tablespoons canola oil
- ☐ 2 chicken breast halves thinly sliced
- ☐ 2 cups rice long-grain cooked
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.5 cup fat-skimmed beef broth fat-free divided
- ☐ 2 teaspoons ginger fresh minced peeled

- ☐ 1 tablespoon garlic minced
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 2 cups onion vertically sliced (1)
- ☐ 2 tablespoons oyster sauce
- ☐ 1 tablespoon rice vinegar
- ☐ 0.3 teaspoon salt

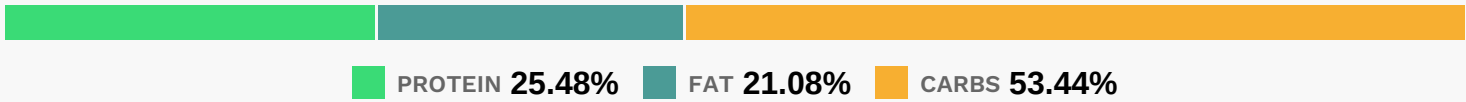
Equipment

- ☐ frying pan

Directions

- ☐ Heat canola oil in a large nonstick skillet over medium-high heat.
- ☐ Add broccoli and onion; saut for 5 minutes.
- ☐ Add 1/4 cup broth; cover and cook for 3 minutes.
- ☐ Remove broccoli mixture from pan.
- ☐ Place pan over medium-high heat.
- ☐ Add rice; cook 5 minutes, stirring occasionally.
- ☐ Add broccoli mixture, garlic, ginger, pepper, and chicken; toss well.
- ☐ Combine remaining 1/4 cup broth, soy sauce, oyster sauce, vinegar, and cornstarch; add to pan. Bring to a boil; cook 1 minute. Stir in salt.

Nutrition Facts



Properties

Glycemic Index:65.75, Glycemic Load:28.13, Inflammation Score:-9, Nutrition Score:29.182173910348%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 14.79mg, Kaempferol: 14.79mg, Kaempferol: 14.79mg, Kaempferol: 14.79mg Myricetin: 0.17mg,

Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 22.21mg, Quercetin: 22.21mg, Quercetin: 22.21mg, Quercetin: 22.21mg

Nutrients (% of daily need)

Calories: 324.8kcal (16.24%), Fat: 7.84g (12.06%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 44.7g (14.9%), Net Carbohydrates: 38.06g (13.84%), Sugar: 6.66g (7.41%), Cholesterol: 36.16mg (12.05%), Sodium: 929.38mg (40.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.31g (42.62%), Vitamin C: 169.63mg (205.61%), Vitamin K: 190.12µg (181.06%), Vitamin B6: 0.96mg (48.05%), Manganese: 0.95mg (47.57%), Selenium: 30.39µg (43.42%), Vitamin B3: 7.9mg (39.49%), Folate: 139.88µg (34.97%), Phosphorus: 318.7mg (31.87%), Potassium: 987.32mg (28.21%), Fiber: 6.64g (26.58%), Vitamin A: 1226.71IU (24.53%), Vitamin B5: 2.33mg (23.32%), Vitamin B2: 0.34mg (20.15%), Magnesium: 77.92mg (19.48%), Vitamin E: 2.63mg (17.5%), Vitamin B1: 0.23mg (15.26%), Calcium: 126.03mg (12.6%), Iron: 2.12mg (11.75%), Zinc: 1.71mg (11.42%), Copper: 0.22mg (11.2%), Vitamin B12: 0.21µg (3.44%)