



 **52%**
HEALTH SCORE

Broccoli Chicken Stir-Fry

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



1070 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon five spice powder chinese (recipe also in Recipe Finder)
- 2 cups broccoli florets fresh
- 8 ounces water chestnuts drained sliced canned
- 1 tablespoon canola oil
- 14 ounces chicken broth canned
- 4 cups rice hot cooked
- 4 cups rice hot cooked
- 4 cups rice hot cooked

- 2 tablespoons cornstarch
- 2 garlic clove minced
- 1 small onion cut into thin wedges
- 1 small bell pepper sweet red julienned
- 1 pound chicken breast boneless skinless cut into 1-inch pieces
- 6 ounces snow peas frozen thawed
- 2 tablespoons water cold

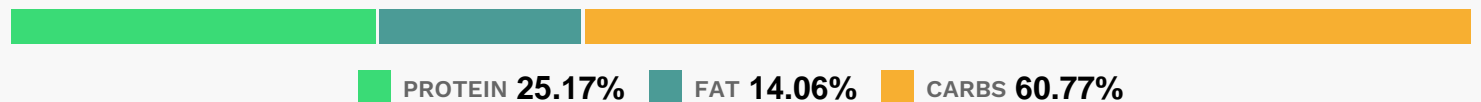
Equipment

- frying pan
- wok

Directions

- In a large nonstick skillet or wok, stir-fry chicken in oil for 8 minutes or until lightly browned and juices run clear.
- Remove and keep warm. In the same skillet, stir-fry the broccoli, red pepper, water chestnuts, snow peas, onion and garlic for 6–8 minutes or until crisp-tender.
- Return chicken to the pan; sprinkle with Chinese Five spice. Stir in broth; bring to a boil.
- Combine cornstarch and cold water until smooth; gradually stir into skillet. Cook and stir for 2 minutes or until thickened.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:113.25, Glycemic Load:144.82, Inflammation Score:-9, Nutrition Score:43.173477914022%

Flavonoids

Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 3.69mg, Kaempferol: 3.69mg, Kaempferol:

3.69mg, Kaempferol: 3.69mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg
Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 1070.19kcal (53.51%), Fat: 16.35g (25.15%), Saturated Fat: 3.61g (22.54%), Carbohydrates: 158.93g (52.98%), Net Carbohydrates: 151.64g (55.14%), Sugar: 6.42g (7.14%), Cholesterol: 122.19mg (40.73%), Sodium: 640.65mg (27.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.84g (131.68%), Selenium: 92.63µg (132.33%), Manganese: 2.64mg (131.92%), Vitamin C: 94.25mg (114.24%), Vitamin B6: 1.87mg (93.35%), Vitamin B3: 17.21mg (86.06%), Phosphorus: 680.45mg (68.04%), Vitamin K: 63.22µg (60.21%), Vitamin B5: 4.27mg (42.67%), Zinc: 6.25mg (41.64%), Magnesium: 135.75mg (33.94%), Potassium: 1155.57mg (33.02%), Vitamin A: 1538.18IU (30.76%), Fiber: 7.3g (29.18%), Copper: 0.58mg (28.92%), Iron: 5.18mg (28.75%), Vitamin B2: 0.41mg (24%), Folate: 84.35µg (21.09%), Vitamin B12: 1.22µg (20.32%), Vitamin B1: 0.3mg (19.84%), Vitamin E: 2.6mg (17.3%), Calcium: 124.83mg (12.48%), Vitamin D: 0.21µg (1.42%)