



Cantonese Chicken with Vegetables

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

READY IN



25 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces baby bok choy separated sliced into 1 1/2-inch strips, stems from leaves
- 1 cup carrots sliced
- 4 servings rice cooked
- 1 recipe cantonese sauce light
- 2.5 tablespoons olive oil
- 1 pound chicken breasts boneless skinless thinly sliced
- 1.5 cups sugar snap peas
- 0.3 cup water

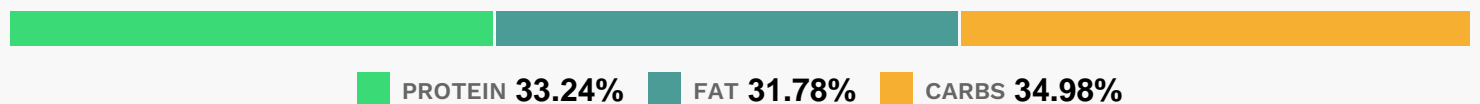
Equipment

- frying pan
- wok

Directions

- Heat a wok or large skillet over high heat.
- Add 2 tablespoons of the oil and heat for 30 seconds.
- Add the chicken and stir-fry until cooked through, 3 to 4 minutes.
- Transfer to a plate. Wipe out the pan. Reduce heat to medium-high, add the remaining oil, and heat for 30 seconds.
- Add the carrots and water. Cover partially and cook, stirring occasionally, until almost tender, about 2 minutes.
- Add the bok choy stems, cover, and cook for 2 minutes.
- Add the bok choy leaves and peas and toss gently.
- Add the Cantonese Light Sauce and increase heat to high. When it starts to bubble, add the chicken. Stir-fry until warmed through, about 1 minute.
- Serve immediately over the rice.

Nutrition Facts



Properties

Glycemic Index:38.96, Glycemic Load:24.93, Inflammation Score:-10, Nutrition Score:25.116521773131%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 349.24kcal (17.46%), Fat: 12.06g (18.55%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 29.87g (9.96%), Net Carbohydrates: 26.85g (9.76%), Sugar: 3.93g (4.37%), Cholesterol: 72.57mg (24.19%), Sodium: 215.32mg (9.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.38g (56.76%), Vitamin A: 9564.07IU (191.28%), Vitamin C: 63.57mg (77.06%), Vitamin B3: 12.68mg (63.39%), Selenium: 42.5µg (60.72%), Vitamin B6: 1.03mg (51.29%), Phosphorus: 302.78mg (30.28%), Manganese: 0.53mg (26.27%), Vitamin B5: 2.29mg (22.87%), Vitamin K: 18.91µg (18.01%), Potassium: 623.21mg (17.81%), Calcium: 134.16mg (13.42%), Magnesium: 51.82mg (12.96%), Vitamin E: 1.86mg (12.41%), Fiber: 3.02g (12.07%), Iron: 2.1mg (11.66%), Vitamin B1: 0.16mg (10.97%), Vitamin B2: 0.17mg (10.1%), Zinc: 1.22mg (8.15%), Folate: 28.42µg (7.11%), Copper: 0.13mg (6.59%), Vitamin B12: 0.23µg (3.78%)