



## CATALINA Chicken Stir-Fry

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

READY IN



22 min.

SERVINGS



22

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup classic catalina dressing kraft
- 4 cups rice white hot cooked
- 16 oz vegetables mixed frozen thawed drained
- 0.3 tsp garlic powder
- 1 lb chicken breasts boneless skinless cut into bite-sized pieces
- 3 Tbsp lite soy sauce

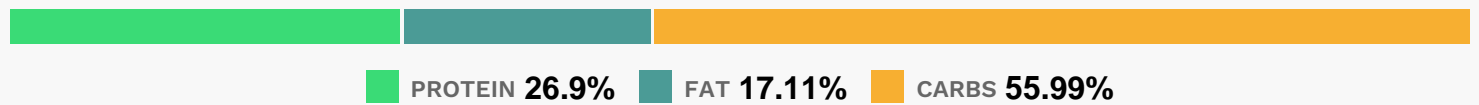
### Equipment

- frying pan

## Directions

- Mix dressing, soy sauce and garlic powder in large skillet until well blended.
- Add chicken; mix lightly. Cook and stir on medium-high heat 5 min. or until chicken is cooked through.
- Add mixed vegetables; cover. Reduce heat to medium-low. Simmer 5 to 7 min. or until vegetables are crisp-tender, stirring frequently.
- Serve over the rice.

## Nutrition Facts



## Properties

Glycemic Index:7.91, Glycemic Load:9.59, Inflammation Score:-6, Nutrition Score:4.7865217104554%

## Nutrients (% of daily need)

Calories: 92.34kcal (4.62%), Fat: 1.72g (2.65%), Saturated Fat: 0.32g (2.03%), Carbohydrates: 12.7g (4.23%), Net Carbohydrates: 11.74g (4.27%), Sugar: 1.56g (1.74%), Cholesterol: 13.2mg (4.4%), Sodium: 241.2mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.2%), Vitamin A: 1053.16IU (21.06%), Vitamin B3: 2.62mg (13.1%), Selenium: 8.86µg (12.66%), Vitamin B6: 0.21mg (10.32%), Manganese: 0.2mg (10.08%), Phosphorus: 71.15mg (7.12%), Vitamin B5: 0.45mg (4.49%), Potassium: 135.67mg (3.88%), Fiber: 0.96g (3.85%), Magnesium: 14.77mg (3.69%), Vitamin B1: 0.05mg (3.05%), Vitamin C: 2.39mg (2.9%), Vitamin B2: 0.05mg (2.69%), Zinc: 0.36mg (2.43%), Copper: 0.05mg (2.4%), Iron: 0.39mg (2.17%), Folate: 8.12µg (2.03%)