



Chicken-Almond Stir-Fry

 Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup planters almonds toasted sliced
- 0.5 cup asian sesame dressing divided toasted kraft
- 16 oz available in the asian foods section of some supermarkets and at asian markets mixed frozen thawed
- 2 cups brown rice hot cooked
- 1 Tbsp cornstarch
- 1 lb chicken breasts boneless skinless thinly sliced

Equipment

frying pan

Directions

- Toss chicken with cornstarch and 1 Tbsp. dressing; cover. Refrigerate 15 min.
- Heat large nonstick skillet on medium-high heat.
- Add chicken; cook 5 min. or until chicken is done, stirring frequently.
- Add vegetables and remaining dressing; cook 5 min. or until heated through. Stir in nuts.
- Serve over rice.

Nutrition Facts



PROTEIN 25.18% **FAT 40.89%** **CARBS 33.93%**

Properties

Glycemic Index:3.06, Glycemic Load:1.83, Inflammation Score:-5, Nutrition Score:3.559565252584%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 59.85kcal (2.99%), Fat: 2.77g (4.26%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 4.24g (1.54%), Sugar: 0.35g (0.39%), Cholesterol: 8.29mg (2.76%), Sodium: 56.98mg (2.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Vitamin A: 663.28IU (13.27%), Manganese: 0.19mg (9.3%), Vitamin B3: 1.71mg (8.55%), Vitamin B6: 0.13mg (6.4%), Selenium: 4.32µg (6.17%), Phosphorus: 51.11mg (5.11%), Magnesium: 14.94mg (3.73%), Fiber: 0.92g (3.68%), Vitamin E: 0.54mg (3.6%), Potassium: 99.48mg (2.84%), Vitamin B5: 0.26mg (2.56%), Vitamin B1: 0.04mg (2.54%), Vitamin B2: 0.04mg (2.37%), Vitamin K: 2.03µg (1.93%), Copper: 0.04mg (1.91%), Vitamin C: 1.5mg (1.82%), Iron: 0.3mg (1.67%), Zinc: 0.25mg (1.65%), Folate: 5.3µg (1.33%)