



WHATSheATE



Chicken and Basil Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



145 kcal

Ingredients

- ☐ 1 pound chicken breast halves
- ☐ 1 tablespoon frangelico
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon ginger fresh minced
- ☐ 0.3 teaspoon pepper hot
- ☐ 0.7 cup fat-skimmed beef broth
- ☐ 1 tablespoon fish sauce (nuoc mam or nam pla)
- ☐ 2 teaspoons cornstarch
- ☐ 3 cups basil fresh packed rinsed (see notes)

☐ 1 serving salt

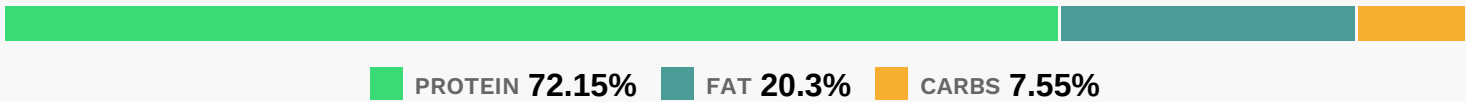
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Rinse chicken and pat dry.
- ☐ Cut crosswise into 1/8-inch-thick strips 2 to 3 inches long.
- ☐ Place a 10- to 12-inch nonstick frying pan over high heat; when hot, add oil, garlic, ginger, chili flakes, and the chicken. Stir often until chicken is no longer pink in the center (cut to test), 3 to 4 minutes.
- ☐ In a small bowl, mix broth, fish sauce, and cornstarch until smooth.
- ☐ Add to pan and stir until sauce is boiling, about 1 minute.
- ☐ Add basil leaves and stir just until barely wilted, about 30 seconds.
- ☐ Add salt to taste and pour into a serving bowl.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:17.277825827184%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 145.04kcal (7.25%), Fat: 3.16g (4.86%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 2.22g (0.81%), Sugar: 0.33g (0.37%), Cholesterol: 72.57mg (24.19%), Sodium: 691.41mg (30.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.25g (50.5%), Vitamin K: 75.09µg (71.52%), Vitamin B3: 12.35mg (61.73%), Selenium: 37.93µg (54.19%), Vitamin B6: 0.93mg (46.53%), Phosphorus: 256.85mg (25.69%), Vitamin A: 1021.3IU (20.43%), Vitamin B5: 1.72mg (17.21%), Potassium: 514.74mg (14.71%), Manganese: 0.28mg

(13.93%), Magnesium: 50.73mg (12.68%), Vitamin B2: 0.14mg (8.33%), Vitamin C: 5.34mg (6.47%), Iron: 1.15mg (6.39%), Copper: 0.12mg (6.05%), Vitamin B1: 0.09mg (5.78%), Zinc: 0.86mg (5.7%), Vitamin B12: 0.32µg (5.4%), Folate: 19.74µg (4.93%), Calcium: 45.34mg (4.53%), Vitamin E: 0.41mg (2.76%), Fiber: 0.42g (1.67%)