



## Chicken and Bok Choy Stir-Fry

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 heads baby bok choy quartered
- 0.3 cup barbecue sauce store-bought
- 1 tablespoon canola oil
- 4 servings kosher salt and pepper black
- 0.3 cup soya sauce low-sodium
- 4 servings this recipe goes with perfectly cooked white rice
- 4 scallions thinly sliced
- 24 ounce chicken breasts boneless skinless cut into 1-inch pieces

## Equipment

- bowl
- frying pan

## Directions

- Heat the oil in a large skillet over medium-high heat. Season the chicken with 1/4 teaspoon each salt and pepper and cook, tossing occasionally, until browned and cooked through, 4 to 6 minutes.
- Transfer to a plate.
- Add the bok choy and 1/4 cup water to the skillet. Cover and cook until the bok choy is just tender, 3 to 4 minutes. In a small bowl, combine the soy sauce, barbecue sauce, and scallions.
- Add to the skillet and bring to a boil. Return the chicken to the skillet and cook, tossing, until heated through, 1 to 2 minutes.

## Nutrition Facts



## Properties

Glycemic Index:35.25, Glycemic Load:24.09, Inflammation Score:-5, Nutrition Score:21.671304396961%

## Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

## Nutrients (% of daily need)

Calories: 371.35kcal (18.57%), Fat: 8.31g (12.78%), Saturated Fat: 1.3g (8.13%), Carbohydrates: 31.34g (10.45%), Net Carbohydrates: 30.43g (11.06%), Sugar: 6.34g (7.05%), Cholesterol: 108.86mg (36.29%), Sodium: 1152.33mg (50.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.06g (80.11%), Vitamin B3: 18.41mg (92.04%), Selenium: 60.74µg (86.77%), Vitamin B6: 1.39mg (69.69%), Phosphorus: 425.65mg (42.56%), Vitamin B5: 2.82mg (28.21%), Vitamin K: 28µg (26.66%), Manganese: 0.51mg (25.41%), Potassium: 787.74mg (22.51%), Magnesium: 69.43mg (17.36%), Vitamin B2: 0.24mg (14.01%), Zinc: 1.58mg (10.52%), Vitamin B1: 0.14mg (9.45%), Vitamin E: 1.24mg (8.28%), Iron: 1.3mg (7.24%), Copper: 0.13mg (6.56%), Folate: 24.22µg (6.06%), Vitamin C: 4.85mg (5.88%), Vitamin B12: 0.34µg (5.67%), Vitamin A: 255.21IU (5.1%), Calcium: 36.94mg (3.69%), Fiber: 0.91g (3.64%), Vitamin D: 0.17µg (1.13%)