



Chicken and Broccoli Stir-fry

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

READY IN



27 min.

SERVINGS



4

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 cups broccoli trimmed sliced (keep the 2 cuts separate)
- 1 pound chicken breast cubed (2 breasts)
- 1 tablespoon plus 1 teaspoon cornstarch
- 1 tablespoon sesame oil dark
- 1 tablespoon cooking sherry dry
- 1 inch ginger fresh minced peeled
- 2 cloves garlic minced
- 1 tablespoon hoisin sauce

- 4 servings serving suggestion: jasmine rice
- 0.8 teaspoon chili flakes red
- 1.3 teaspoons salt
- 3 scallions thinly sliced
- 4 servings garnish: sesame seeds toasted
- 1 tablespoon soya sauce
- 2 tablespoons sugar
- 3 tablespoons vegetable oil
- 0.3 cup water

Equipment

- bowl
- frying pan

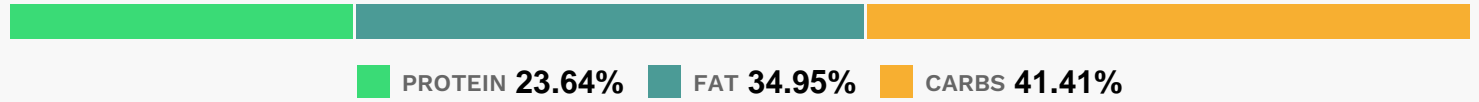
Directions

- Watch how to make this recipe.
- In a medium bowl, toss the chicken with the scallion whites, about half the garlic and ginger, the soy sauce, sugar, 1 teaspoon of the cornstarch, 1 teaspoon of the salt, the sherry, and the sesame oil. Marinate at room temperature for 15 minutes.
- Mix the remaining cornstarch with 1/3 cup water.
- Heat a large nonstick skillet over high heat.
- Add 1 tablespoon of the oil and heat.
- Add the broccoli stems, and stir-fry for 30 seconds.
- Add the florets and the remaining garlic, ginger, 2 tablespoons of water, and season with 1/4 teaspoon salt, and pepper. Stir-fry until the broccoli is bright green but still crisp, about 2 minutes.
- Transfer to a plate.
- Get the skillet good and hot again, and then heat 2 more tablespoons oil.
- Add the chicken and chili flakes if using. Stir-fry until the chicken loses its raw color and gets a little brown, about 3 minutes.

Add the hoisin sauce, return the broccoli to the pan and toss to heat through. Stir in the reserved cornstarch mixture and bring to a boil to thicken.

Add more water if need to thin the sauce, if necessary. Taste and season with salt and pepper, if you like. Mound the stir-fry on a serving platter or divide among 4 plates and garnish with sesame seeds; serve with rice.

Nutrition Facts



Properties

Glycemic Index:76.32, Glycemic Load:28.44, Inflammation Score:-9, Nutrition Score:33.431739102239%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 8.75mg, Kaempferol: 8.75mg, Kaempferol: 8.75mg, Kaempferol: 8.75mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 554.39kcal (27.72%), Fat: 21.57g (33.19%), Saturated Fat: 3.5g (21.88%), Carbohydrates: 57.53g (19.17%), Net Carbohydrates: 52.53g (19.1%), Sugar: 9.42g (10.47%), Cholesterol: 72.69mg (24.23%), Sodium: 1223.39mg (53.19%), Alcohol: 0.39g (100%), Alcohol %: 0.14% (100%), Protein: 32.83g (65.66%), Vitamin K: 150.8µg (143.61%), Vitamin C: 101.75mg (123.33%), Selenium: 49.3µg (70.42%), Vitamin B3: 13.97mg (69.85%), Vitamin B6: 1.23mg (61.43%), Manganese: 1.04mg (51.77%), Phosphorus: 429.61mg (42.96%), Vitamin B5: 2.76mg (27.61%), Copper: 0.55mg (27.42%), Potassium: 920.24mg (26.29%), Magnesium: 99.06mg (24.77%), Folate: 93.15µg (23.29%), Fiber: 5g (20%), Vitamin B2: 0.31mg (18.51%), Vitamin A: 921.33IU (18.43%), Iron: 3.17mg (17.59%), Vitamin B1: 0.26mg (17.23%), Calcium: 162.62mg (16.26%), Zinc: 2.35mg (15.65%), Vitamin E: 2.24mg (14.91%), Vitamin B12: 0.23µg (3.78%)