



Chicken and Broccoli Stir-Fry

 Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil
- 1 pound chicken breast boneless skinless cut into 1-inch pieces
- 2 garlic clove finely chopped
- 2 teaspoons ginger finely chopped
- 1 medium onion cut into thin wedges
- 1 cup carrots
- 1 cup chicken broth (from 32-ounce carton)
- 3 tablespoons soya sauce

- 2 teaspoons sugar
- 2 cups cauliflower florets
- 3 ounces mushrooms fresh sliced
- 0.5 cup bell pepper diced red
- 2 teaspoons cornstarch
- 4 cups noodles plain hot chinese cooked

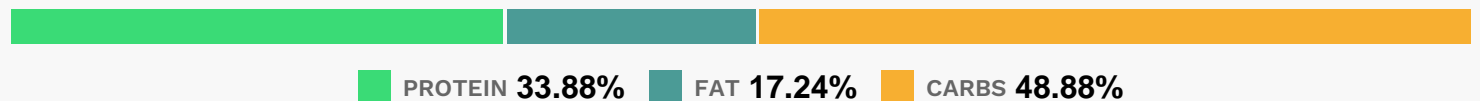
Equipment

- frying pan

Directions

- Heat 1 tablespoon of the oil in 12-inch skillet over medium-high heat.
- Add chicken, garlic and gingerroot; stir-fry 2 to 3 minutes or until chicken is brown.
- Add onion, carrots, 3/4 cup of the broth, the soy sauce and sugar. Cover and cook over medium heat 5 minutes, stirring twice.
- Add broccoli, mushrooms and bell pepper. Cover and cook about 5 minutes, stirring occasionally, until chicken is no longer pink in center and vegetables are crisp-tender.
- Mix cornstarch with remaining 1/4 cup broth; stir into chicken mixture. Cook, stirring frequently, until sauce is thickened.
- Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:87.11, Glycemic Load:20.66, Inflammation Score:-10, Nutrition Score:30.272173922995%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 417.29kcal (20.86%), Fat: 7.96g (12.25%), Saturated Fat: 1.49g (9.31%), Carbohydrates: 50.79g (16.93%), Net Carbohydrates: 45.53g (16.56%), Sugar: 8.01g (8.9%), Cholesterol: 73.75mg (24.58%), Sodium: 1145.27mg (49.79%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 35.2g (70.4%), Vitamin A: 5964.95IU (119.3%), Selenium: 70.38µg (100.54%), Vitamin B3: 14.53mg (72.64%), Vitamin C: 54.19mg (65.68%), Vitamin B6: 1.2mg (59.98%), Phosphorus: 393.25mg (39.33%), Manganese: 0.71mg (35.37%), Vitamin B5: 2.65mg (26.47%), Potassium: 919.67mg (26.28%), Fiber: 5.25g (21%), Vitamin B2: 0.35mg (20.69%), Magnesium: 75.69mg (18.92%), Vitamin K: 19.5µg (18.57%), Folate: 67.33µg (16.83%), Iron: 2.87mg (15.97%), Copper: 0.3mg (14.9%), Vitamin B1: 0.21mg (13.71%), Zinc: 1.79mg (11.96%), Vitamin E: 1.14mg (7.63%), Calcium: 51.69mg (5.17%), Vitamin B12: 0.25µg (4.12%), Vitamin D: 0.16µg (1.04%)