



Chicken and Broccoli Stir-Fry

 Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby carrots
- ☐ 2 cups broccoli
- ☐ 1 cup chicken broth progresso® (from 32-ounce carton)
- ☐ 2 teaspoons cornstarch
- ☐ 3 ounces mushrooms fresh sliced
- ☐ 2 garlic clove finely chopped
- ☐ 2 teaspoons ginger finely chopped
- ☐ 1 cup noodles plain hot chinese cooked

- ☐ 1 medium onion cut into thin wedges
- ☐ 0.5 cup bell pepper diced red
- ☐ 1 pound chicken breast boneless skinless cut into 1-inch pieces
- ☐ 3 tablespoons soya sauce
- ☐ 2 teaspoons sugar

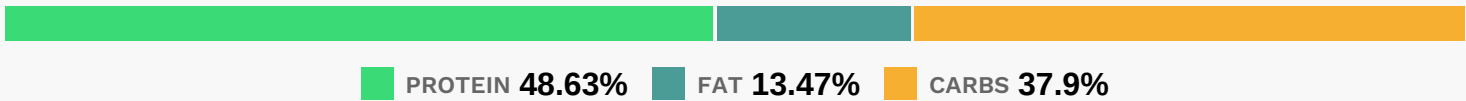
Equipment

- ☐ frying pan

Directions

- ☐ Spray 12-inch nonstick skillet with cooking spray; heat 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:75.4, Glycemic Load:7.32, Inflammation Score:-10, Nutrition Score:28.644347771354%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.64mg, Kaempferol: 3.64mg, Kaempferol: 3.64mg, Kaempferol: 3.64mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg

Nutrients (% of daily need)

Calories: 248.54kcal (12.43%), Fat: 3.73g (5.74%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 23.6g (7.87%), Net Carbohydrates: 19.76g (7.18%), Sugar: 7.32g (8.13%), Cholesterol: 73.75mg (24.58%), Sodium: 1146.79mg (49.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.28g (60.56%), Vitamin A: 5305.95IU (106.12%), Vitamin C: 68.28mg (82.76%), Vitamin B3: 14.07mg (70.33%), Selenium: 48.17µg (68.81%), Vitamin B6: 1.13mg (56.54%), Vitamin K: 49.16µg (46.82%), Phosphorus: 346.94mg (34.69%), Vitamin B5: 2.51mg (25.07%), Potassium: 843.87mg (24.11%), Manganese: 0.44mg (22.05%), Vitamin B2: 0.35mg (20.5%), Folate: 62.94µg (15.74%), Fiber: 3.84g (15.36%), Magnesium: 60.93mg (15.23%), Vitamin B1: 0.18mg (12.18%), Copper: 0.23mg (11.47%), Iron: 2.05mg (11.36%), Zinc: 1.37mg (9.11%), Vitamin E: 0.91mg (6.04%), Calcium: 54.88mg (5.49%), Vitamin B12: 0.25µg (4.12%), Vitamin D: 0.16µg (1.04%)