



Chicken and Chinese Vegetable Stir-Fry

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

READY IN



45 min.

SERVINGS



6

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small head broccoli cut into florets
- 8 ounce water chestnuts drained sliced canned
- 14 ounces rotisserie chicken breast meat boneless skinless cut into bite-size pieces
- 3 tablespoons cornstarch
- 2 cloves garlic minced
- 1 teaspoon ground pepper black
- 1 large onion chopped
- 0.5 cup oyster sauce

- 1 cup snow peas
- 2 tablespoons soya sauce
- 3 tablespoons vegetable oil
- 0.3 cup water
- 1 teaspoon sugar white

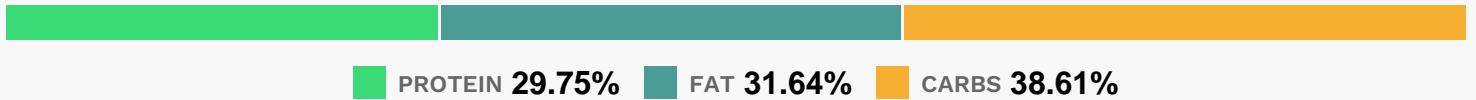
Equipment

- frying pan
- mixing bowl
- wok

Directions

- Combine the chicken, oyster sauce, and soy sauce in a mixing bowl until the chicken is evenly coated with the sauce; set aside.
- Heat the vegetable oil in a wok or large skillet over high heat. Stir in the garlic and onion; cook and stir until the onion is limp, about 1 minute.
- Add the chicken and marinade. Cook and stir until the chicken has browned and is no longer pink, about 10 minutes.
- Pour in 1/2 cup of water; season with pepper and sugar.
- Add the water chestnuts, snow peas, and broccoli. Cover; boil until the vegetables are just tender, about 5 minutes. Dissolve the cornstarch in 1/4 cup of water. Stir into the boiling mixture; cook until thick and no longer cloudy.

Nutrition Facts



Properties

Glycemic Index:34.35, Glycemic Load:2.47, Inflammation Score:-8, Nutrition Score:24.302174078382%

Flavonoids

Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 8.11mg, Kaempferol: 8.11mg, Kaempferol: 8.11mg, Kaempferol: 8.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 249.91kcal (12.5%), Fat: 9.05g (13.93%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 24.85g (8.28%), Net Carbohydrates: 19.65g (7.15%), Sugar: 5.67g (6.3%), Cholesterol: 42.34mg (14.11%), Sodium: 980.42mg (42.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.16g (38.31%), Vitamin C: 103.92mg (125.96%), Vitamin K: 120.86µg (115.1%), Vitamin B6: 0.85mg (42.56%), Vitamin B3: 8.42mg (42.09%), Selenium: 25.53µg (36.47%), Phosphorus: 247.67mg (24.77%), Manganese: 0.46mg (22.86%), Folate: 85.56µg (21.39%), Potassium: 735.41mg (21.01%), Fiber: 5.21g (20.82%), Vitamin B5: 1.8mg (17.96%), Vitamin A: 831.11IU (16.62%), Vitamin B2: 0.25mg (14.93%), Magnesium: 52.13mg (13.03%), Vitamin E: 1.84mg (12.27%), Iron: 2.14mg (11.88%), Vitamin B1: 0.16mg (10.97%), Copper: 0.2mg (9.84%), Zinc: 1.17mg (7.81%), Calcium: 77.03mg (7.7%), Vitamin B12: 0.21µg (3.53%)