



## Chicken and Papaya Stir-Fry

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 anaheim chile red seeded sliced
- 1 teaspoon cornstarch
- 0.3 teaspoon pepper red crushed
- 2 teaspoons cooking wine dry white
- 2 teaspoons ginger fresh minced
- 1 large garlic clove minced
- 1 tablespoon juice of lemon fresh
- 1 small onion sliced

- 0.5 cup orange juice fresh
- 1 pound papayas--peeled ripe seeded cut into 3-by-1/2-inch strips
- 4 servings salt and pepper freshly ground
- 1 large scallion thinly sliced
- 1 pound chicken breast halves boneless skinless cut into 1 1/2-inch pieces
- 1 tablespoon soya sauce
- 2 teaspoons soya sauce
- 1 tablespoon vegetable oil

## Equipment

- bowl
- frying pan
- wok
- slotted spoon

## Directions

- In a medium bowl, combine the soy sauce with the wine and cornstarch.
- Add the chicken and turn to coat.
- Heat the oil in a wok or large skillet over moderately high heat.
- Add the onion, ginger and garlic and stir-fry for 30 seconds.
- Add the chicken and stir-fry for 5 minutes.
- Add the poblano and crushed red pepper and continue stir-frying until the chicken is cooked through and the poblano softens, about 3 minutes.
- Add the soy sauce and stir-fry for 30 seconds. Using a slotted spoon, transfer the chicken to a plate.
- Add the orange juice to the wok and boil until slightly thickened, about 3 minutes. Return the chicken to the wok, add the papaya and stir-fry until hot, about 1 minute.
- Add the lemon juice, season with salt and pepper and transfer to a platter.
- Garnish with the scallion and serve.

Notes: One Serving – Calories 272 kcal, Total Fat 3 gm, Saturated Fat 7 gm, Protein 29 gm, Carbohydrates 28 gm

## Nutrition Facts

PROTEIN 42.35% FAT 24.79% CARBS 32.86%

### Properties

Glycemic Index:64.94, Glycemic Load:8.32, Inflammation Score:-9, Nutrition Score:21.179565263831%

### Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 4.26mg, Hesperetin: 4.26mg, Hesperetin: 4.26mg, Hesperetin: 4.26mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

### Nutrients (% of daily need)

Calories: 246.37kcal (12.32%), Fat: 6.77g (10.41%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 20.18g (6.73%), Net Carbohydrates: 17.12g (6.22%), Sugar: 13.1g (14.56%), Cholesterol: 72.57mg (24.19%), Sodium: 804.5mg (34.98%), Alcohol: 0.26g (100%), Alcohol %: 0.1% (100%), Protein: 26.02g (52.04%), Vitamin C: 91.81mg (111.28%), Vitamin B3: 12.74mg (63.7%), Selenium: 37.34µg (53.35%), Vitamin B6: 0.96mg (48.06%), Phosphorus: 274.56mg (27.46%), Vitamin A: 1273.32IU (25.47%), Potassium: 761.94mg (21.77%), Vitamin K: 22.62µg (21.54%), Vitamin B5: 1.96mg (19.59%), Folate: 65.41µg (16.35%), Magnesium: 64.01mg (16%), Fiber: 3.07g (12.27%), Vitamin B2: 0.18mg (10.45%), Vitamin B1: 0.15mg (9.7%), Manganese: 0.16mg (7.89%), Vitamin E: 0.94mg (6.27%), Iron: 1.13mg (6.26%), Copper: 0.12mg (6.21%), Zinc: 0.87mg (5.82%), Calcium: 44.29mg (4.43%), Vitamin B12: 0.23µg (3.78%)