



 **48%**
HEALTH SCORE

Chicken and Snow Pea Stir-Fry

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

READY IN



45 min.

SERVINGS



4

CALORIES



799 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups rice long-grain hot cooked
- 3 cups rice long-grain hot cooked
- 3 cups rice long-grain hot cooked
- 1 tablespoon cornstarch
- 3 tablespoons sherry dry
- 1 teaspoon ginger fresh grated peeled
- 1 garlic clove minced
- 1 cup chicken broth low-sodium

- 0.3 cup soy sauce low-sodium
- 6 ounces snow peas fresh
- 0.8 cup bell pepper red thinly sliced (1 medium)
- 0.3 cup sesame seed toasted
- 24 ounce chicken breast halves boneless skinless cut into thin strips
- 2 teaspoons vegetable oil divided
- 0.8 cup bell pepper yellow thinly sliced (1 medium)

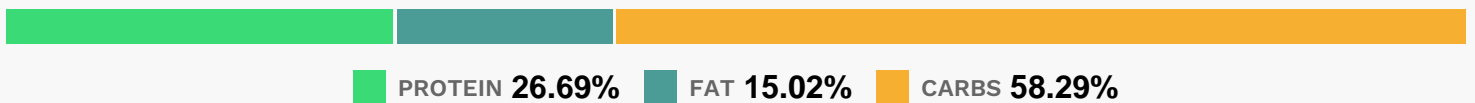
Equipment

- frying pan

Directions

- Coat a large nonstick skillet with cooking spray.
- Add 1 teaspoon oil; place over medium-high heat until hot.
- Add peppers; stir-fry 2 minutes.
- Add snow peas; stir-fry 2 minutes.
- Remove from pan; keep warm.
- Add remaining oil to pan.
- Add chicken and garlic; stir-fry 4 minutes or until chicken is lightly browned.
- Remove from pan.
- Combine broth and next 4 ingredients; stir well.
- Add chicken, broth mixture, and sesame seeds to pan; cook 3 minutes or until mixture is thickened and bubbly, stirring frequently. Stir in vegetable mixture. To serve, spoon 3/4 cup rice onto each plate; top evenly with chicken mixture.

Nutrition Facts



Properties

Glycemic Index:113.5, Glycemic Load:108.47, Inflammation Score:-9, Nutrition Score:40.1%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 799.22kcal (39.96%), Fat: 12.95g (19.92%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 113.06g (37.69%), Net Carbohydrates: 108.43g (39.43%), Sugar: 3.36g (3.73%), Cholesterol: 108.86mg (36.29%), Sodium: 797.66mg (34.68%), Alcohol: 1.16g (92233720368547760%), Protein: 51.78g (103.55%), Vitamin C: 114.84mg (139.2%), Selenium: 84.98µg (121.41%), Manganese: 2.2mg (109.87%), Vitamin B3: 21.37mg (106.87%), Vitamin B6: 1.92mg (96.11%), Phosphorus: 653.3mg (65.33%), Vitamin B5: 4.33mg (43.31%), Copper: 0.78mg (39.24%), Magnesium: 149.88mg (37.47%), Potassium: 1120.85mg (32.02%), Vitamin A: 1444.78IU (28.9%), Zinc: 3.9mg (25.98%), Iron: 4.23mg (23.51%), Vitamin B1: 0.35mg (23.29%), Vitamin B2: 0.36mg (21.34%), Fiber: 4.63g (18.51%), Folate: 71.74µg (17.94%), Calcium: 168.41mg (16.84%), Vitamin K: 16.54µg (15.75%), Vitamin E: 1.35mg (8.98%), Vitamin B12: 0.4µg (6.65%), Vitamin D: 0.17µg (1.13%)