



Chicken and Sweet Pepper Stir-Fry

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups rice instant uncooked
- ☐ 1.5 cups water
- ☐ 0.5 cup soy sauce
- ☐ 1 tablespoon soya sauce
- ☐ 1.5 teaspoons ginger grated
- ☐ 0.5 teaspoon five-spice powder chinese
- ☐ 1 tablespoon cooking oil
- ☐ 1 lb chicken breast halves boneless skinless cut into thin bite-sized strips

- ☐ 2 large garlic clove minced
- ☐ 1 medium bell pepper green cut into 1-inch pieces
- ☐ 1 medium bell pepper red cut into 1-inch pieces
- ☐ 0.5 large onion red cut into 1/2-inch-thick wedges (1 cup)
- ☐ 0.3 cup water
- ☐ 8 oz dole pineapple tidbits unsweetened drained canned

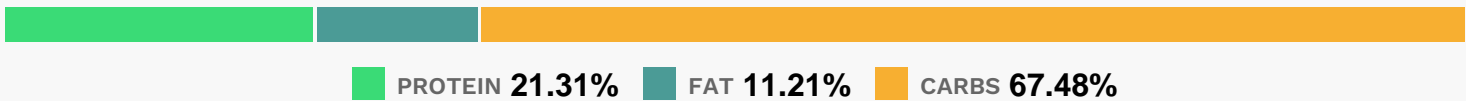
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Cook rice in 1 1/2 cups water as directed on package.
- ☐ Meanwhile, in small bowl, combine all sauce ingredients; mix well. Set aside.
- ☐ Heat oil in wok or 12-inch skillet over medium-high heat until hot.
- ☐ Add chicken strips; cook and stir 3 to 5 minutes or until no longer pink in center.
- ☐ Add garlic; cook and stir an additional 30 seconds or until tender.
- ☐ Remove chicken mixture from wok; place on plate.
- ☐ Add bell peppers and onion to same wok; cook and stir 1 minute.
- ☐ Add 1/4 cup water; cover and cook 2 minutes or until vegetables are partially cooked. Uncover; stir in pineapple and sauce mixture. Cook uncovered an additional 2 to 3 minutes or until vegetables are crisp-tender. Return chicken to wok; cook and stir until thoroughly heated.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:47.55, Glycemic Load:34.32, Inflammation Score:-8, Nutrition Score:24.112173681674%

Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 589.99kcal (29.5%), Fat: 7.15g (11.01%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 96.87g (32.29%), Net Carbohydrates: 93.79g (34.11%), Sugar: 32.09g (35.65%), Cholesterol: 72.57mg (24.19%), Sodium: 917.11mg (39.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.6g (61.2%), Vitamin C: 70.21mg (85.11%), Vitamin B3: 13.74mg (68.71%), Selenium: 47.34µg (67.63%), Vitamin B6: 1.2mg (60.21%), Manganese: 0.91mg (45.42%), Phosphorus: 347.96mg (34.8%), Vitamin B5: 2.49mg (24.87%), Vitamin A: 1104.33IU (22.09%), Potassium: 723.24mg (20.66%), Magnesium: 66.78mg (16.7%), Copper: 0.3mg (15.14%), Vitamin B1: 0.22mg (14.94%), Fiber: 3.09g (12.34%), Vitamin B2: 0.21mg (12.08%), Zinc: 1.66mg (11.04%), Vitamin E: 1.5mg (10.01%), Iron: 1.53mg (8.49%), Folate: 33.13µg (8.28%), Vitamin K: 6.93µg (6.6%), Calcium: 49.23mg (4.92%), Vitamin B12: 0.23µg (3.78%)