



Chicken-and-Vegetable Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce broccoli stir-fry mix
- ☐ 1 pound chicken breast strips
- ☐ 4 servings rice hot cooked
- ☐ 11.8 ounce stir-fry sauce
- ☐ 1 purple onion cut into strips
- ☐ 2 bell peppers red cut into strips
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons water

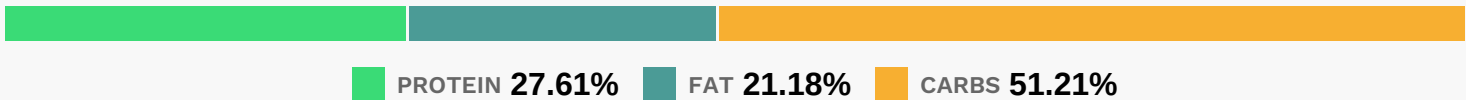
Equipment

☐ wok

Directions

- ☐ Pour oil around top of preheated wok, coating sides; heat at medium-high (32
- ☐ for 2 minutes.
- ☐ Add chicken, and stir-fry 2 minutes or until lightly browned.
- ☐ Add water and vegetables, stirring gently. Cover and cook, stirring once, 8 minutes or until vegetables are crisp-tender.
- ☐ Add sauce, and stir-fry 2 minutes.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:25.23, Inflammation Score:-10, Nutrition Score:27.572609155074%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 451.9kcal (22.6%), Fat: 10.64g (16.38%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 57.92g (19.31%), Net Carbohydrates: 55.89g (20.32%), Sugar: 22.94g (25.49%), Cholesterol: 72.57mg (24.19%), Sodium: 1166.12mg (50.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.22g (62.44%), Vitamin C: 185.24mg (224.54%), Vitamin B3: 13.48mg (67.41%), Vitamin B6: 1.31mg (65.46%), Selenium: 45.81µg (65.44%), Vitamin A: 2351.11IU (47.02%), Manganese: 0.75mg (37.58%), Phosphorus: 370.39mg (37.04%), Folate: 120.01µg (30%), Potassium: 981.46mg (28.04%), Vitamin B5: 2.75mg (27.53%), Magnesium: 77.28mg (19.32%), Vitamin B2: 0.32mg (18.62%), Vitamin K: 15.76µg (15.01%), Vitamin B1: 0.21mg (13.79%), Vitamin E: 1.75mg (11.66%), Zinc: 1.69mg (11.3%), Iron: 1.89mg (10.5%), Fiber: 2.03g (8.13%), Copper: 0.16mg (7.91%), Calcium: 78.72mg (7.87%), Vitamin B12: 0.23µg (3.78%)