



Chicken-and-Veggie Stir-fry



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound broccolini cut into 1-inch pieces
- ☐ 1 pound chicken breast cut into thin strips
- ☐ 1 cup chicken broth divided
- ☐ 1 teaspoon sriracha
- ☐ 4 servings rice hot cooked
- ☐ 0.3 cup cornstarch
- ☐ 2 teaspoons cornstarch
- ☐ 0.3 cup spring onion sliced

- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 bell pepper red cut into thin strips
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons soya sauce
- ☐ 4 tablespoons vegetable oil divided
- ☐ 1 small to 3 sized squashes yellow thinly sliced into half moons

Equipment

- ☐ frying pan
- ☐ whisk
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Sprinkle chicken with salt; toss with 1/4 cup cornstarch.
- ☐ Stir-fry chicken in 3 Tbsp. hot oil in a large skillet or wok over medium-high heat 5 to 6 minutes or until golden brown and done.
- ☐ Transfer to a plate, using a slotted spoon; keep warm.
- ☐ Add Broccolini and 1/4 cup broth; cover and cook 1 to 2 minutes or until crisp-tender.
- ☐ Transfer to plate with chicken, using slotted spoon.
- ☐ Add remaining 1 Tbsp. oil to skillet. Saut bell pepper and next 2 ingredients in hot oil 2 minutes or until crisp-tender.
- ☐ Whisk together 2 tsp. cornstarch and remaining 3/4 cup broth until cornstarch dissolves.
- ☐ Add broth mixture, chicken, and Broccolini (with any accumulated juices) to bell pepper mixture in skillet. Cook, stirring often, 1 minute or until liquid thickens. Stir in lime juice and next 2 ingredients.
- ☐ Serve over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:24.61, Inflammation Score:-9, Nutrition Score:24.184782515401%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 431.55kcal (21.58%), Fat: 17.05g (26.22%), Saturated Fat: 2.82g (17.62%), Carbohydrates: 38.7g (12.9%), Net Carbohydrates: 36.44g (13.25%), Sugar: 3.99g (4.43%), Cholesterol: 73.75mg (24.58%), Sodium: 848.42mg (36.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.62g (59.24%), Vitamin C: 98.78mg (119.74%), Vitamin B3: 12.83mg (64.17%), Selenium: 42.85µg (61.21%), Vitamin B6: 1.08mg (54.17%), Vitamin A: 2090.43IU (41.81%), Vitamin K: 40.54µg (38.61%), Phosphorus: 300.33mg (30.03%), Manganese: 0.53mg (26.46%), Vitamin B5: 2.09mg (20.87%), Potassium: 624.6mg (17.85%), Vitamin B2: 0.23mg (13.79%), Vitamin E: 1.93mg (12.87%), Magnesium: 50.86mg (12.72%), Vitamin B1: 0.14mg (9.11%), Fiber: 2.26g (9.05%), Zinc: 1.29mg (8.59%), Iron: 1.53mg (8.49%), Folate: 33.93µg (8.48%), Calcium: 68.29mg (6.83%), Copper: 0.13mg (6.4%), Vitamin B12: 0.24µg (3.98%)