



Chicken, Asparagus, and Broccoli Stir-Fry



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups pieces asparagus
- ☐ 2 cups broccoli florets
- ☐ 2 garlic cloves chopped
- ☐ 4 large green onions chopped
- ☐ 3 tablespoons hoisin sauce
- ☐ 6 tablespoons low-salt chicken broth divided
- ☐ 1 tablespoon oyster sauce
- ☐ 2 tablespoons asian sesame oil divided

☐ 1.3 pounds chicken breast halves boneless skinless thinly sliced

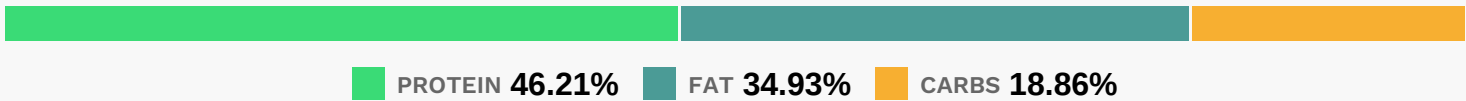
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon oil in large nonstick skillet over medium-high heat.
- ☐ Add garlic and stir 30 seconds.
- ☐ Add asparagus, broccoli, and 4 tablespoons broth. Cover and cook until vegetables are crisp-tender, about 3 minutes.
- ☐ Transfer vegetables to bowl.
- ☐ Add remaining 1 tablespoon oil to skillet.
- ☐ Sprinkle chicken with salt and pepper; add chicken and green onions to skillet. Stir-fry until chicken is just cooked through, about 3 minutes.
- ☐ Mix in hoisin sauce, oyster sauce, vegetables, and remaining 2 tablespoons broth. Toss until heated through and sauce coats evenly, about 1 minute. Season to taste with salt and pepper.
- ☐ Transfer to bowl.
- ☐ *Available in the Asian foods section of many supermarkets and at Asian markets.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.49, Inflammation Score:-8, Nutrition Score:28.50869564129%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 4.84mg, Kaempferol: 4.84mg, Kaempferol: 4.84mg, Kaempferol: 4.84mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.55mg, Quercetin: 13.55mg, Quercetin: 13.55mg, Quercetin: 13.55mg

Nutrients (% of daily need)

Calories: 294.87kcal (14.74%), Fat: 11.53g (17.74%), Saturated Fat: 2g (12.48%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 10.38g (3.78%), Sugar: 5.94g (6.6%), Cholesterol: 91.08mg (30.36%), Sodium: 509.04mg (22.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.31g (68.62%), Vitamin K: 127.35µg (121.29%), Vitamin B3: 16.39mg (81.93%), Selenium: 48.81µg (69.74%), Vitamin B6: 1.25mg (62.33%), Vitamin C: 51.26mg (62.13%), Phosphorus: 386.39mg (38.64%), Potassium: 914.66mg (26.13%), Vitamin B5: 2.5mg (25.01%), Folate: 88.65µg (22.16%), Vitamin A: 1082.61IU (21.65%), Vitamin B2: 0.35mg (20.56%), Magnesium: 64.45mg (16.11%), Manganese: 0.32mg (16.03%), Iron: 2.86mg (15.9%), Vitamin B1: 0.24mg (15.77%), Fiber: 3.62g (14.48%), Copper: 0.25mg (12.29%), Vitamin E: 1.65mg (11.01%), Zinc: 1.55mg (10.34%), Calcium: 71.45mg (7.14%), Vitamin B12: 0.32µg (5.41%)