



Chicken-Carambola Stir-Fry

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

READY IN



45 min.

SERVINGS



4

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups julienne-cut bell pepper red
- 2 tablespoons brown sugar
- 4 cups rice hot cooked
- 3 tablespoons cornstarch
- 2 teaspoons sesame oil dark
- 4 garlic cloves crushed
- 2 tablespoons gingerroot peeled finely chopped
- 1 cup onion vertically sliced

- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 0.3 cup cooking sherry
- 1 pound skinned cut into 1/4-inch-wide strips
- 1 tablespoon soya sauce
- 1 teaspoon vegetable oil
- 0.8 pound carambolas
- 0.8 pound carambolas

Equipment

- bowl
- frying pan
- juicer

Directions

- Cut 1 carambola in half crosswise, and squeeze 2 tablespoons juice, using a citrus reamer or juicer; set juice aside. Dice carambola halves; set aside. Slice remaining 3 carambolas crosswise, and set aside.
- Combine 2 tablespoons carambola juice, chicken, sherry, brown sugar, gingerroot, soy sauce, and garlic in a bowl, and stir well. Cover and chill 30 minutes.
- Drain chicken, reserving marinade.
- Sprinkle chicken with cornstarch; toss well to coat.
- Heat vegetable oil in a large non-stick skillet over medium-high heat.
- Add chicken and carambola; stir-fry 1 minute.
- Add bell pepper and onion, and stir-fry 3 minutes or until chicken is done.
- Add reserved marinade, sesame oil, salt, and pepper; stir-fry 1 minute.
- Serve over rice.

Nutrition Facts



■ PROTEIN 27.21% ■ FAT 13.76% ■ CARBS 59.03%

Properties

Glycemic Index:68.75, Glycemic Load:49.81, Inflammation Score:-9, Nutrition Score:24.883912832841%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg

Nutrients (% of daily need)

Calories: 460.91kcal (23.05%), Fat: 6.76g (10.4%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 65.27g (21.76%), Net Carbohydrates: 62.55g (22.74%), Sugar: 10.25g (11.39%), Cholesterol: 72.57mg (24.19%), Sodium: 537.62mg (23.37%), Alcohol: 1.54g (100%), Alcohol %: 0.48% (100%), Protein: 30.08g (60.17%), Vitamin C: 76.95mg (93.27%), Selenium: 49.14µg (70.2%), Vitamin B3: 13.3mg (66.51%), Vitamin B6: 1.27mg (63.44%), Manganese: 0.99mg (49.52%), Vitamin A: 1784.88IU (35.7%), Phosphorus: 347.65mg (34.77%), Vitamin B5: 2.52mg (25.16%), Potassium: 706.93mg (20.2%), Magnesium: 65.53mg (16.38%), Vitamin B2: 0.21mg (12.11%), Zinc: 1.73mg (11.53%), Folate: 44.08µg (11.02%), Fiber: 2.72g (10.9%), Vitamin B1: 0.16mg (10.87%), Copper: 0.2mg (9.75%), Vitamin E: 1.3mg (8.68%), Iron: 1.36mg (7.54%), Vitamin K: 5.68µg (5.41%), Calcium: 48.29mg (4.83%), Vitamin B12: 0.23µg (3.78%)