



## Chicken, Mushroom and Asparagus Stir-Fry

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

READY IN



25 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup rice long-grain white uncooked
- 2 cups water
- 2 tablespoons vegetable oil
- 1 lb chicken breast for stir-frying
- 1 lb asparagus trimmed cut into 2-inch pieces
- 1 medium onion cut into 1/2-inch wedges
- 8 oz mushrooms fresh sliced ( 3 cups)
- 0.3 cup water

- 0.5 cup sauce
- 0.3 cup oyster sauce

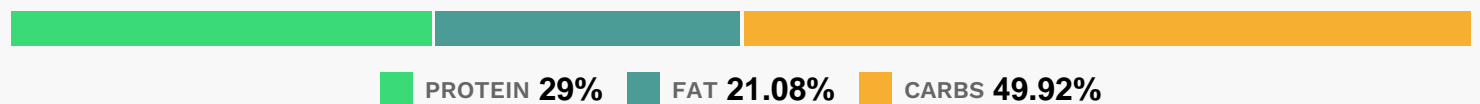
## Equipment

- bowl
- frying pan
- wok

## Directions

- Cook rice in water as directed on package.
- Meanwhile, in wok or 10-inch skillet, heat 1 tablespoon of the oil over medium-high heat until hot.
- Add chicken strips; stir-fry 5 to 6 minutes or until no longer pink in center.
- Remove chicken from wok; place on plate.
- Add remaining 1 tablespoon oil to wok.
- Add asparagus and onion; stir-fry 3 minutes.
- Add mushrooms; stir-fry 3 minutes longer.
- Add water; cover and steam 2 to 3 minutes or until asparagus is tender.
- Meanwhile, in small bowl, mix stir-fry sauce and oyster sauce.
- Add sauce mixture and return chicken to wok; stir-fry about 1 minute longer or until hot.

## Nutrition Facts



## Properties

Glycemic Index:38.05, Glycemic Load:23.88, Inflammation Score:-8, Nutrition Score:27.636521764424%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg, Isorhamnetin: 7.84mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 21.44mg,

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## **Nutrients (% of daily need)**

Calories: 447.83kcal (22.39%), Fat: 10.46g (16.1%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 55.74g (18.58%), Net Carbohydrates: 51.68g (18.79%), Sugar: 11.31g (12.56%), Cholesterol: 72.57mg (24.19%), Sodium: 897.44mg (39.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.38g (64.77%), Vitamin B3: 15.97mg (79.84%), Selenium: 51.93µg (74.18%), Vitamin K: 60.06µg (57.2%), Vitamin B6: 1.12mg (56.13%), Phosphorus: 410.22mg (41.02%), Manganese: 0.77mg (38.46%), Vitamin B5: 3.28mg (32.81%), Vitamin B2: 0.55mg (32.31%), Copper: 0.58mg (29.02%), Potassium: 930.11mg (26.57%), Vitamin B1: 0.33mg (21.81%), Folate: 84.24µg (21.06%), Iron: 3.59mg (19.92%), Vitamin A: 891.86IU (17.84%), Magnesium: 66.69mg (16.67%), Fiber: 4.06g (16.24%), Zinc: 2.14mg (14.28%), Vitamin E: 2.12mg (14.1%), Vitamin C: 10.95mg (13.27%), Calcium: 62.49mg (6.25%), Vitamin B12: 0.31µg (5.15%), Vitamin D: 0.23µg (1.51%)