



Chicken-Peanut Stir-Fry

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup rice
- 1 tablespoon cornstarch
- 1 piece ginger peeled thinly sliced
- 2 teaspoons brown sugar light packed
- 1 small head napa cabbage cored cut into 2-inch pieces
- 1 jalapeno green red seeded thinly sliced (or)
- 1 tablespoon rice vinegar (not seasoned)
- 0.3 cup roasted peanuts salted

- 1 bunch scallions thinly sliced roughly chopped (whites , greens)
- 1 pound chicken breasts boneless skinless cut into 1-inch pieces
- 3 teaspoons soya sauce
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- whisk
- slotted spoon

Directions

- Cook the rice as the label directs. Meanwhile, whisk 2 teaspoons soy sauce and 1 tablespoon each cornstarch and rice vinegar in a bowl; add the chicken and toss to coat.
- Whisk the brown sugar, 1/3 cup water and the remaining 2 teaspoons cornstarch and 1 teaspoon each soy sauce and rice vinegar in a small bowl.
- Heat 1 tablespoon peanut oil in a large nonstick skillet over high heat.
- Add the chicken and stir-fry until lightly golden, 2 to 3 minutes.
- Remove with a slotted spoon to a bowl.
- Wipe out the skillet, return to high heat and add the remaining 1 tablespoon peanut oil. When it begins smoking, add the ginger, scallion whites and jalapeno; stir-fry 45 seconds.
- Add the cabbage and stir-fry until crisp-tender, 3 to 5 minutes. Stir the brown sugar mixture and add to the pan along with the chicken; stir-fry until the sauce is thick and the chicken is cooked through, 1 to 2 minutes. Stir in the scallion greens and peanuts.
- Serve with the rice.
- Per serving: Calories 476; Fat 14 g (Saturated 3 g); Cholesterol 66 mg; Sodium 315 mg; Carbohydrate 48 g; Fiber 5 g; Protein 35 g
- Photograph by Antonis Achilleos

Nutrition Facts



■ PROTEIN 28.23% ■ FAT 28.64% ■ CARBS 43.13%

Properties

Glycemic Index:59.3, Glycemic Load:23.92, Inflammation Score:-8, Nutrition Score:33.320435067882%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 470.01kcal (23.5%), Fat: 15.01g (23.09%), Saturated Fat: 2.56g (15.99%), Carbohydrates: 50.86g (16.95%), Net Carbohydrates: 46.4g (16.87%), Sugar: 5.56g (6.18%), Cholesterol: 72.57mg (24.19%), Sodium: 447.1mg (19.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.28g (66.56%), Vitamin K: 122.37µg (116.55%), Vitamin C: 67.48mg (81.79%), Vitamin B3: 15.1mg (75.5%), Vitamin B6: 1.5mg (75.08%), Selenium: 45.5µg (65.01%), Manganese: 1.21mg (60.33%), Folate: 203.29µg (50.82%), Phosphorus: 401.96mg (40.2%), Potassium: 1123.91mg (32.11%), Vitamin B5: 2.49mg (24.87%), Magnesium: 90.18mg (22.55%), Calcium: 208.85mg (20.89%), Fiber: 4.46g (17.83%), Vitamin A: 847.07IU (16.94%), Vitamin B2: 0.27mg (15.94%), Vitamin B1: 0.23mg (15.44%), Copper: 0.29mg (14.62%), Zinc: 1.92mg (12.78%), Iron: 1.94mg (10.76%), Vitamin E: 1.26mg (8.37%), Vitamin B12: 0.23µg (3.78%)