



Chicken, Pepper and Corn Stir-Fry

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

READY IN



30 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 4 servings brown rice cooked for serving
- 1 cup corn kernels frozen
- 1 tablespoon cornstarch
- 1 large egg white
- 2 inch ginger paper thin sliced
- 4 servings kosher salt
- 5 teaspoons soya sauce low-sodium

- 2 bell peppers red sliced
- 2 tablespoons rice wine dry chinese
- 5 scallions separated sliced cut into 1/2-inch pieces and greens ,
- 0.8 pound chicken thighs boneless skinless cut into 3/4- to 1-inch pieces (2 large)
- 1 tablespoon sugar
- 4 tablespoons vegetable oil

Equipment

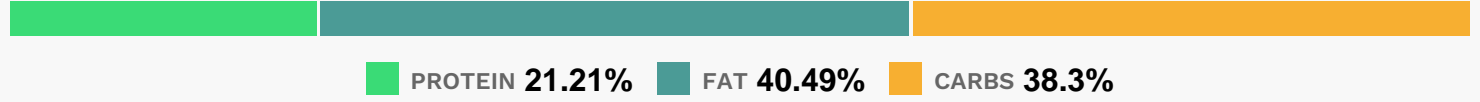
- bowl
- frying pan
- stove
- wok
- slotted spoon

Directions

- Toss the chicken with the egg white, 1 tablespoon each rice wine and cornstarch, 1 teaspoon soy sauce and 1/4 teaspoon salt in a medium bowl.
- Mix together 1/3 cup water, the remaining 4 teaspoons of soy sauce, 1 tablespoon rice wine and 2 teaspoons cornstarch, the sugar and 1/2 teaspoon each salt and pepper in a small bowl until dissolved; set aside.
- Place the sauce, vegetables and chicken near the stove.
- Heat 2 tablespoons of the peanut oil in a large wok or large nonstick skillet over medium-high heat; swirl to coat the wok. Once the oil is hot, scoop the chicken from the bowl with a slotted spoon, letting any excess coating remain in the bowl, and add to the oil. Stir-fry, breaking the chicken up just enough so it doesn't clump, until the outside coating is set and lightly golden, 2 to 3 minutes.
- Remove the chicken with a slotted spoon and set aside. Wipe the wok out if needed.
- Return the wok to medium-high heat and add the remaining 2 tablespoons of oil to the wok. Just as the oil begins to smoke, add the ginger and stir-fry until fragrant, about 30 seconds.
- Add the scallion whites and peppers and stir-fry until crisp-tender, about 3 minutes.
- Add the corn and stir-fry until just soft, about 1 minute.

- Add the chicken and the sauce (stir the sauce before adding); stir until the sauce is thick and the vegetables and chicken are cooked through, 1 to 2 minutes.
- Add the scallion greens.
- Serve with the brown rice.

Nutrition Facts



Properties

Glycemic Index:58.32, Glycemic Load:14.21, Inflammation Score:-9, Nutrition Score:25.168260854224%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 418.5kcal (20.92%), Fat: 18.68g (28.75%), Saturated Fat: 3.26g (20.39%), Carbohydrates: 39.76g (13.25%), Net Carbohydrates: 35.39g (12.87%), Sugar: 7.81g (8.68%), Cholesterol: 80.8mg (26.93%), Sodium: 598.82mg (26.04%), Alcohol: 1.21g (100%), Alcohol %: 0.45% (100%), Protein: 22.03g (44.05%), Vitamin C: 79.81mg (96.74%), Manganese: 1.27mg (63.52%), Vitamin K: 61.61µg (58.68%), Vitamin A: 2051.9IU (41.04%), Vitamin B6: 0.74mg (36.88%), Vitamin B3: 7.23mg (36.13%), Selenium: 21.51µg (30.72%), Phosphorus: 287.67mg (28.77%), Magnesium: 85.34mg (21.34%), Vitamin B2: 0.31mg (18.5%), Vitamin B5: 1.79mg (17.92%), Fiber: 4.37g (17.49%), Potassium: 559.8mg (15.99%), Vitamin E: 2.36mg (15.74%), Folate: 62.92µg (15.73%), Vitamin B1: 0.24mg (15.69%), Zinc: 2.3mg (15.36%), Iron: 1.93mg (10.72%), Vitamin B12: 0.55µg (9.2%), Copper: 0.18mg (8.95%), Calcium: 37.62mg (3.76%)