



Chicken Satay Stir-Fry with Orange Scented Jasmine Rice

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

READY IN



40 min.

SERVINGS



6

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots shredded store bought cut into matchsticks
- 1.5 pounds chicken breast tenders sliced
- 2 tablespoons flat-leaf parsley chopped for garnish
- 2 tablespoons basil leaves fresh chopped
- 1 clove garlic crushed
- 3 cloves garlic crushed
- 1 inch ginger root minced peeled

- 3 tablespoons honey
- 2 cups jasmine rice rinsed
- 0.5 juice of orange juiced
- 1 medium skinned onion yellow sliced
- 2 orange zest
- 4 tablespoon fuls chunky peanut butter
- 0.3 cup nut topping chopped
- 1 bell pepper red seeded sliced quartered
- 1 teaspoon pepper flakes red crushed
- 2 tablespoons safflower oil
- 6 scallions
- 1 cup snow peas
- 3 tablespoons soy dark
- 3.8 cups water

Equipment

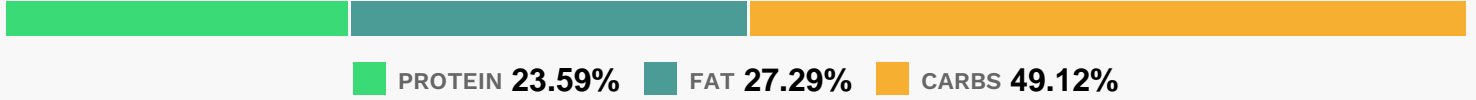
- frying pan
- pot
- ice cream scoop

Directions

- Heat water with orange zest to boiling.
- Add rice, return to boil, stir. Cover pot and reduce heat to simmer. Cook rice until tender, 18 minutes. Fluff with fork.
- For stir-fry, heat a large nonstick skillet over high heat.
- Add chicken, garlic and onion, stir-fry 3 minutes.
- Add remaining veggies and stir-fry 5 minutes more.
- Heat all ingredients for sauce together in a small pot over low heat, stirring the sauce until all ingredients are combined.

- Transfer stir-fry to a large platter and pour sauce evenly over the chicken and vegetables.
- Sprinkle the platter with chopped nuts, cilantro, and basil.
- Serve jasmine rice in a separate dish with an ice cream scoop to serve the rice with -- it makes perfect, pretty, round portions of rice on the dinner plates.

Nutrition Facts



Properties

Glycemic Index:84.88, Glycemic Load:36.5, Inflammation Score:-10, Nutrition Score:33.677391301031%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 578.02kcal (28.9%), Fat: 17.6g (27.08%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 71.29g (23.76%), Net Carbohydrates: 66.95g (24.34%), Sugar: 14.22g (15.8%), Cholesterol: 72.57mg (24.19%), Sodium: 716.77mg (31.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.24g (68.48%), Vitamin A: 4791.43IU (95.83%), Manganese: 1.58mg (79.02%), Vitamin B3: 15.57mg (77.88%), Selenium: 46.96µg (67.08%), Vitamin C: 52.03mg (63.07%), Vitamin B6: 1.21mg (60.56%), Vitamin K: 61.49µg (58.57%), Phosphorus: 428.01mg (42.8%), Vitamin E: 4.12mg (27.45%), Vitamin B5: 2.74mg (27.41%), Magnesium: 99.45mg (24.86%), Potassium: 858.63mg (24.53%), Copper: 0.39mg (19.51%), Fiber: 4.35g (17.39%), Vitamin B1: 0.24mg (15.76%), Zinc: 2.34mg (15.58%), Vitamin B2: 0.26mg (15.52%), Folate: 59.05µg (14.76%), Iron: 2.62mg (14.54%), Calcium: 79.15mg (7.92%), Vitamin B12: 0.23µg (3.78%)