



## Chicken Stir-Fry

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup classic catalina dressing kraft
- 2 Tbsp classic catalina dressing kraft
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 1.5 cups rice hot cooked
- 1 dash garlic powder
- 3 cups stir-fry vegetables
- 1 Tbsp soya sauce

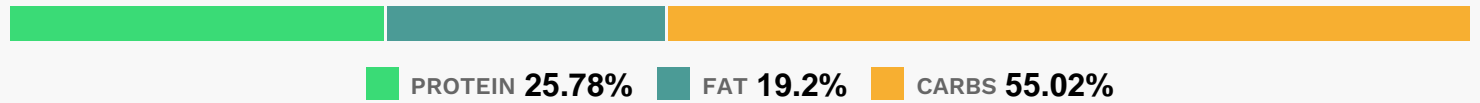
## Equipment

frying pan

## Directions

- Cook and stir vegetables in 2 Tbsp. dressing in large skillet on medium-high heat 5 min. or until crisp-tender.
- Add chicken, 1/4 cup dressing, soy sauce and garlic powder; mix well. Cook 5 min. or until heated through, stirring occasionally.
- Serve over the rice.

## Nutrition Facts



## Properties

Glycemic Index:8.7, Glycemic Load:4.76, Inflammation Score:-7, Nutrition Score:3.70826087503333%

## Nutrients (% of daily need)

Calories: 61.36kcal (3.07%), Fat: 1.31g (2.02%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 7.31g (2.66%), Sugar: 1.27g (1.41%), Cholesterol: 7.23mg (2.41%), Sodium: 127.87mg (5.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Vitamin A: 1388.08IU (27.76%), Vitamin B3: 1.59mg (7.95%), Manganese: 0.13mg (6.43%), Selenium: 3.35µg (4.79%), Fiber: 1.15g (4.59%), Vitamin B6: 0.09mg (4.51%), Phosphorus: 41.78mg (4.18%), Vitamin C: 2.84mg (3.44%), Vitamin B1: 0.04mg (2.81%), Magnesium: 10.8mg (2.7%), Potassium: 85.76mg (2.45%), Folate: 8.78µg (2.19%), Iron: 0.39mg (2.18%), Vitamin B2: 0.04mg (2.11%), Copper: 0.04mg (1.95%), Zinc: 0.27mg (1.8%), Vitamin B5: 0.18mg (1.76%)