



 **95%**  
HEALTH SCORE

## Chicken Stir-Fry

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**450 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 head bok choy chopped
- 1 head broccoli
- 3 carrots julienned peeled
- 2 tablespoons sesame oil dark divided
- 2 garlic cloves finely minced
- 0.3 pound green beans diced
- 12 mushrooms sliced
- 2 pounds chicken breasts boneless skinless

2 tablespoons teriyaki sauce

## Equipment

frying pan

wok

## Directions

Watch how to make this recipe.

Heat 1 tablespoon oil in a saute pan over medium heat.

Add garlic and stir.

Place the chicken in the pan and brown 4 minutes on each side.

Remove from pan, slice into strips, set aside.

Heat remaining tablespoon of oil in a wok over high heat.

Add the vegetables and teriyaki sauce. Stir-fry quickly until the vegetables begin to soften.

Add the chicken strips, combine well and continue to cook for 2 to 3 minutes.

Serve immediately.

## Nutrition Facts

 **PROTEIN 50.9%** **FAT 27.64%** **CARBS 21.46%**

## Properties

Glycemic Index:46.71, Glycemic Load:4.55, Inflammation Score:-10, Nutrition Score:51.46652173996%

## Flavonoids

Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg Kaempferol: 21.25mg, Kaempferol: 21.25mg, Kaempferol: 21.25mg, Kaempferol: 21.25mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 10.18mg, Quercetin: 10.18mg, Quercetin: 10.18mg, Quercetin: 10.18mg

## Nutrients (% of daily need)

Calories: 450.4kcal (22.52%), Fat: 14.24g (21.91%), Saturated Fat: 2.57g (16.06%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 16.15g (5.87%), Sugar: 10.63g (11.81%), Cholesterol: 145.15mg (48.38%), Sodium: 830.97mg (36.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.01g (118.03%), Vitamin A: 18236.54IU (364.73%),

Vitamin C: 240.69mg (291.75%), Vitamin K: 270.25µg (257.38%), Vitamin B3: 28.62mg (143.12%), Vitamin B6: 2.57mg (128.26%), Selenium: 83.53µg (119.33%), Phosphorus: 748.83mg (74.88%), Folate: 272.44µg (68.11%), Potassium: 2271.95mg (64.91%), Vitamin B5: 5.4mg (54.01%), Vitamin B2: 0.86mg (50.4%), Manganese: 0.87mg (43.35%), Magnesium: 154.63mg (38.66%), Fiber: 8.74g (34.96%), Calcium: 335.63mg (33.56%), Vitamin B1: 0.44mg (29.65%), Iron: 4.54mg (25.2%), Copper: 0.42mg (21.21%), Zinc: 2.85mg (19.03%), Vitamin E: 2.33mg (15.53%), Vitamin B12: 0.48µg (7.96%), Vitamin D: 0.35µg (2.31%)