



Chicken Stir-Fry



Dairy Free

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READY IN

ready

25 min.

SERVINGS

servings

8

CALORIES

calories

359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch broccoli cut into florets
- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 2 to 3 carrots thinly sliced
- ☐ 1 cup chicken broth
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 cup hoisin sauce
- ☐ 1 cup onion diced
- ☐ 1 teaspoon powdered ginger

- ☐ 1 bell pepper red chopped
- ☐ 1 tablespoon sesame oil
- ☐ 1 package mushroom caps
- ☐ 2 pounds chicken breast boneless skinless cut into 1/2-inch pieces
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 8 servings serving suggestion: hot cooked

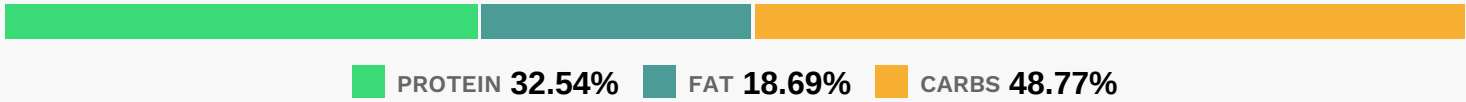
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large skillet, heat the oils over medium-high heat.
- ☐ Add the chicken and cook for 4 to 5 minutes or until lightly browned.
- ☐ Add broccoli, mushrooms, carrots, pepper, and onion and cook an additional 5 minutes, stirring frequently. Stir in the water chestnuts. In a small bowl, combine broth, hoisin sauce, soy sauce, ginger, and cornstarch.
- ☐ Add to chicken mixture and bring to a boil over medium-high heat. Reduce heat to medium to medium-low, and simmer for 4 to 5 minutes, or until sauce thickens.
- ☐ Serve over hot, cooked rice noodles.

Nutrition Facts



Properties

Glycemic Index:29.42, Glycemic Load:12.73, Inflammation Score:-10, Nutrition Score:31.09826045451%

Flavonoids

Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 6.13mg, Kaempferol: 6.13mg, Kaempferol: 6.13mg, Kaempferol:

6.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

Nutrients (% of daily need)

Calories: 358.58kcal (17.93%), Fat: 7.47g (11.49%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 43.85g (14.62%), Net Carbohydrates: 37.82g (13.75%), Sugar: 7.77g (8.63%), Cholesterol: 73.42mg (24.47%), Sodium: 564.77mg (24.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.26g (58.52%), Vitamin C: 91.18mg (110.52%), Vitamin K: 84.06µg (80.06%), Vitamin B3: 14.23mg (71.13%), Vitamin A: 3522.48IU (70.45%), Selenium: 44.55µg (63.64%), Vitamin B6: 1.24mg (62.01%), Phosphorus: 368.49mg (36.85%), Manganese: 0.58mg (28.96%), Vitamin B5: 2.68mg (26.79%), Potassium: 934.21mg (26.69%), Fiber: 6.03g (24.12%), Vitamin B2: 0.34mg (20.27%), Folate: 77.14µg (19.29%), Magnesium: 65.38mg (16.34%), Vitamin B1: 0.19mg (12.41%), Zinc: 1.82mg (12.11%), Copper: 0.22mg (11.12%), Iron: 1.97mg (10.93%), Vitamin E: 1.57mg (10.46%), Calcium: 62.43mg (6.24%), Vitamin B12: 0.23µg (3.88%), Vitamin D: 0.23µg (1.51%)