



Chicken Stir-Fry



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 head broccoli



0.3 cup brown sugar



8 ounce water chestnuts drained sliced canned



1 cup carrots sliced



1 tablespoon cornstarch



1 tablespoon ginger fresh minced



1 tablespoon garlic minced



1 bell pepper green cut into matchsticks

- ☐ 1 onion cut into large chunks
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 tablespoon sesame oil
- ☐ 3 chicken breast halves boneless skinless thinly sliced
- ☐ 0.7 cup soya sauce
- ☐ 4 cups water
- ☐ 2 cups rice white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until rice is tender, and liquid has been absorbed, 20 to 25 minutes.
- ☐ Combine soy sauce, brown sugar, and corn starch in a small bowl; stir until smooth.
- ☐ Mix ginger, garlic, and red pepper into sauce; coat chicken with marinade and refrigerate for at least 15 minutes.
- ☐ Heat 1 tablespoon sesame oil in a large skillet over medium-high heat. Cook and stir bell pepper, water chestnuts, broccoli, carrots, and onion until just tender, about 5 minutes.
- ☐ Remove vegetables from skillet and keep warm.
- ☐ Remove chicken from marinade, reserving liquid.
- ☐ Heat 1 tablespoon sesame oil in skillet over medium-high heat. Cook and stir chicken until slightly pink on the inside, about 2 minutes per side; return vegetables and reserved marinade to skillet. Bring to a boil; cook and stir until chicken is longer pink in the middle and vegetables are tender, 5 to 7 minutes.
- ☐ Serve over rice.

Nutrition Facts



 PROTEIN **20.3%**  FAT **9.4%**  CARBS **70.3%**

Properties

Glycemic Index:39.5, Glycemic Load:32.44, Inflammation Score:-10, Nutrition Score:31.801304475121%

Flavonoids

Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 8.13mg, Kaempferol: 8.13mg, Kaempferol: 8.13mg, Kaempferol: 8.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 452.64kcal (22.63%), Fat: 4.77g (7.34%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 80.3g (26.77%), Net Carbohydrates: 73.84g (26.85%), Sugar: 14.88g (16.54%), Cholesterol: 36.16mg (12.05%), Sodium: 1574.91mg (68.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.18g (46.37%), Vitamin C: 110.86mg (134.38%), Vitamin K: 108.43µg (103.27%), Vitamin A: 4310.78IU (86.22%), Manganese: 1.19mg (59.65%), Vitamin B6: 0.97mg (48.34%), Vitamin B3: 9.12mg (45.61%), Selenium: 31.02µg (44.32%), Phosphorus: 321.27mg (32.13%), Fiber: 6.46g (25.82%), Potassium: 878.17mg (25.09%), Vitamin B5: 2.32mg (23.15%), Folate: 88.88µg (22.22%), Magnesium: 74.5mg (18.62%), Copper: 0.36mg (18.09%), Vitamin B2: 0.28mg (16.73%), Iron: 2.86mg (15.86%), Vitamin B1: 0.21mg (13.99%), Zinc: 1.9mg (12.66%), Calcium: 103.62mg (10.36%), Vitamin E: 1.55mg (10.31%), Vitamin B12: 0.11µg (1.88%)