



Chicken-Veggie Stir-Fry

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chicken broth
- 2 tablespoons apple cider vinegar
- 2 tablespoons flour all-purpose
- 2 cloves garlic finely chopped
- 1 teaspoon lemon pepper
- 2 tablespoons olive oil
- 2 tablespoons oregano fresh chopped
- 0.3 teaspoon pepper

- 1 onion red cut into wedges (1 1/2 cups)
- 0.5 teaspoon salt
- 1 lb chicken breast boneless skinless cut into 1-inch pieces
- 1 cup sugar snap peas fresh
- 1.8 cups bell pepper yellow seeded coarsely chopped

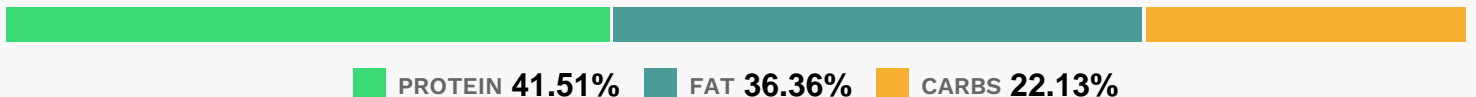
Equipment

- bowl
- frying pan

Directions

- In medium bowl, mix flour, salt and pepper.
- Add chicken; toss until evenly coated.
- In 10-inch nonstick skillet, heat 1 tablespoon of the oil over medium-high heat until hot. Cook chicken in oil about 10 minutes, turning occasionally, until brown on outside and no longer pink in center.
- Remove chicken from skillet and keep warm.
- In same skillet, heat remaining 1 tablespoon oil until hot. Cook onion, bell pepper and peas in oil about 6 minutes, stirring occasionally, until crisp-tender.
- Add garlic; cook 30 seconds, stirring constantly. Return chicken to skillet. Stir in broth, vinegar and lemon pepper seasoning. Cook about 1 minute or until hot.
- Sprinkle with oregano.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:2.92, Inflammation Score:-10, Nutrition Score:22.582173917605%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg

Nutrients (% of daily need)

Calories: 257.46kcal (12.87%), Fat: 10.38g (15.97%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 14.22g (4.74%), Net Carbohydrates: 11.17g (4.06%), Sugar: 2.43g (2.7%), Cholesterol: 73.16mg (24.39%), Sodium: 536.19mg (23.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.68g (53.35%), Vitamin C: 138.24mg (167.56%), Vitamin B3: 13.01mg (65.03%), Selenium: 38.55µg (55.06%), Vitamin B6: 1.08mg (53.96%), Phosphorus: 287.55mg (28.75%), Vitamin K: 27.28µg (25.98%), Manganese: 0.48mg (23.83%), Potassium: 707.65mg (20.22%), Vitamin B5: 2mg (20.03%), Iron: 2.54mg (14.13%), Magnesium: 55.63mg (13.91%), Folate: 49.94µg (12.48%), Vitamin B2: 0.21mg (12.27%), Vitamin B1: 0.18mg (12.26%), Fiber: 3.04g (12.18%), Vitamin E: 1.8mg (12.02%), Vitamin A: 477.93IU (9.56%), Copper: 0.17mg (8.49%), Calcium: 77.62mg (7.76%), Zinc: 1.02mg (6.83%), Vitamin B12: 0.23µg (3.88%)