



Chicken Walnut Saute (Stir Fry)

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

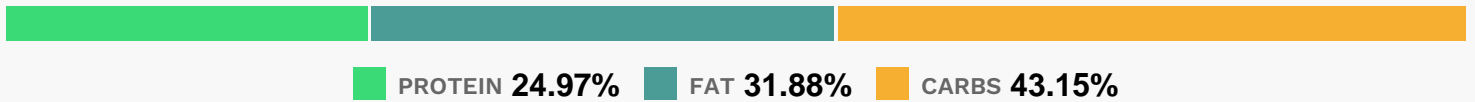
Ingredients

- 1 cup brown rice white
- 1 cup celery
- 1 cup pea-mond dressing fresh
- 1 cup mushrooms fresh
- 1 cup mushrooms fresh
- 5 spring onion
- 2 lemon zest (zest and juice)
- 3 chicken breast boneless skinless

- 4 teaspoons soya sauce
- 3 teaspoons vegetable oil
- 0.5 cup walnut pieces chopped

Equipment

Nutrition Facts



Properties

Glycemic Index:65.69, Glycemic Load:23.75, Inflammation Score:-7, Nutrition Score:29.477391304348%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 467.83kcal (23.39%), Fat: 16.86g (25.93%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 51.34g (17.11%), Net Carbohydrates: 44.31g (16.11%), Sugar: 3.67g (4.07%), Cholesterol: 54.24mg (18.08%), Sodium: 462.56mg (20.11%), Protein: 29.71g (59.42%), Manganese: 2.6mg (129.83%), Vitamin B3: 13.4mg (67.02%), Vitamin B6: 1.09mg (54.65%), Phosphorus: 482.11mg (48.21%), Selenium: 33.64µg (48.05%), Vitamin K: 45.95µg (43.76%), Magnesium: 148.81mg (37.2%), Folate: 144.98µg (36.25%), Copper: 0.69mg (34.35%), Vitamin B5: 3mg (30.01%), Vitamin B1: 0.44mg (29.66%), Fiber: 7.03g (28.12%), Potassium: 902.12mg (25.77%), Vitamin B2: 0.38mg (22.45%), Zinc: 2.83mg (18.88%), Iron: 3.35mg (18.63%), Vitamin C: 9.86mg (11.95%), Calcium: 72.13mg (7.21%), Vitamin A: 299.22IU (5.98%), Vitamin E: 0.82mg (5.49%), Vitamin B12: 0.19µg (3.14%), Vitamin D: 0.18µg (1.2%)