



 **52%**  
HEALTH SCORE

## Chicken with Bok Choy and Baby Corn

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

READY IN



**15 min.**

SERVINGS



**4**

CALORIES



**385 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons sherry
- 14 ounce baby corns rinsed drained canned
- 1.5 tablespoons soya sauce
- 1 tablespoon cornstarch
- 2 tablespoons vegetable oil
- 4 servings rice white
- 1 tablespoon ginger peeled finely chopped
- 1 pound chicken thighs boneless skinless

- 1.5 teaspoons sugar
- 2 large garlic clove finely chopped
- 2 pound bok choy
- 15 ounce straw mushrooms rinsed drained canned

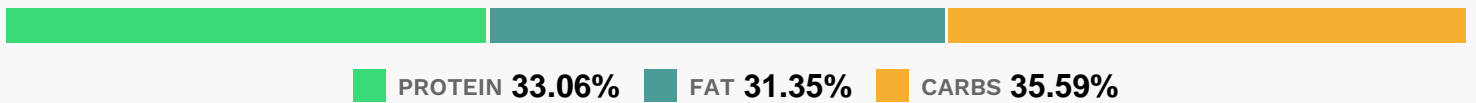
## Equipment

- frying pan

## Directions

- Cut chicken across the grain into 1-inch-wide slices and toss with soy sauce, garlic, ginger, and 3/4 teaspoon salt.
- Heat oil in a 12-inch heavy skillet over high heat until it shimmers, then cook chicken in 1 layer, without stirring, 2 minutes.
- While chicken cooks, cut bok choy crosswise into 1/2-inch pieces.
- Add to chicken (do not stir) and cook, covered, until bok choy is tender, about 4 minutes. Stir together Sherry, cornstarch, and sugar.
- Stir mushrooms, corn, Sherry mixture, and 1/2 teaspoon salt into chicken mixture and simmer, uncovered, stirring occasionally, until sauce is thickened slightly and chicken is cooked through, 1 to 2 minutes.

## Nutrition Facts



## Properties

Glycemic Index:65.44, Glycemic Load:12.02, Inflammation Score:-10, Nutrition Score:38.533478384433%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 9.82mg, Kaempferol: 9.82mg, Kaempferol: 9.82mg, Kaempferol: 9.82mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.7mg, Quercetin:

4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

## **Nutrients (% of daily need)**

Calories: 384.69kcal (19.23%), Fat: 14.17g (21.79%), Saturated Fat: 2.56g (16.02%), Carbohydrates: 36.19g (12.06%), Net Carbohydrates: 28.73g (10.45%), Sugar: 8.91g (9.9%), Cholesterol: 107.73mg (35.91%), Sodium: 1035.72mg (45.03%), Alcohol: 0.77g (100%), Alcohol %: 0.17% (100%), Protein: 33.62g (67.23%), Vitamin A: 10421.56IU (208.43%), Vitamin C: 108.07mg (131%), Vitamin K: 119.44µg (113.75%), Selenium: 43.62µg (62.32%), Vitamin B6: 1.14mg (56.89%), Folate: 219.05µg (54.76%), Vitamin B3: 9.69mg (48.45%), Phosphorus: 451.65mg (45.16%), Manganese: 0.73mg (36.61%), Potassium: 1182.73mg (33.79%), Fiber: 7.46g (29.83%), Vitamin B2: 0.5mg (29.7%), Vitamin B5: 2.84mg (28.36%), Iron: 4.92mg (27.36%), Magnesium: 107.3mg (26.83%), Calcium: 267.3mg (26.73%), Zinc: 3.56mg (23.7%), Vitamin B1: 0.31mg (20.49%), Copper: 0.32mg (16.12%), Vitamin B12: 0.73µg (12.1%), Vitamin E: 1.06mg (7.07%)