



 **27%**
HEALTH SCORE

Chili-Garlic Stir Fry

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

READY IN



45 min.

SERVINGS



6

CALORIES



147 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons sesame oil divided
- 12 ounces chicken breast boneless skinless cubed
- 4 large stalks bok choy divided chopped (stalk and leaf)
- 8 ounces snow peas
- 3 medium carrots peeled chopped
- 1 bell pepper yellow sliced
- 1 and orange peppers sliced
- 3 medium spring onion chopped

- 6 servings sauce
- 0.8 cup chicken broth low sodium
- 2 tablespoons cooking sherry
- 2 teaspoons cornstarch
- 2 tablespoons sriracha
- 6 cloves garlic minced
- 1 teaspoon sesame oil
- 1 serving frangelico
- 6 servings frangelico

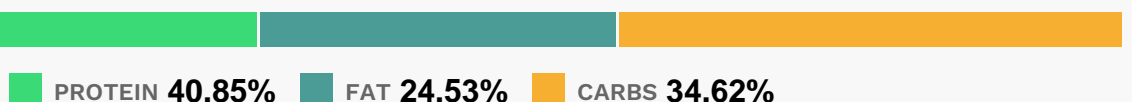
Equipment

- bowl
- frying pan
- wok

Directions

- In a wok or large skillet, heat 1 teaspoon sesame oil over medium-high heat.
- Add chicken and saute until cooked through. Set aside and cover.
- In the same pan, heat 1 teaspoon sesame oil over medium-high heat.
- Add bok choy stalks (not the leaves), carrots and snow peas and saute until just tender. Set aside and cover.
- Meanwhile, in a medium bowl, combine broth, sherry, cornstarch and Sriracha.
- Heat final teaspoon sesame oil over medium high heat and add garlic.
- Saute until fragrant, 30 seconds to 1 minute.
- Add sauce and bring to a boil. Stir until it thickens then add chicken, veggies, bok choy leaves and green onion. Stir until all are coated and heated through.

Nutrition Facts



Properties

Glycemic Index:25.97, Glycemic Load:1.63, Inflammation Score:-10, Nutrition Score:20.263043478261%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Taste

Sweetness: 35.92%, Saltiness: 100%, Sourness: 17.13%, Bitterness: 28.52%, Savoriness: 65.34%, Fattiness: 55.91%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 147.32kcal (7.37%), Fat: 3.93g (6.04%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 9.54g (3.47%), Sugar: 5.3g (5.89%), Cholesterol: 36.29mg (12.1%), Sodium: 391.22mg (17.01%), Alcohol: 0.52g (2.86%), Protein: 14.72g (29.43%), Vitamin A: 6288.7IU (125.77%), Vitamin C: 89.59mg (108.59%), Vitamin B3: 7.28mg (36.42%), Vitamin B6: 0.67mg (33.34%), Vitamin K: 30.73µg (29.27%), Selenium: 19.02µg (27.17%), Phosphorus: 177.14mg (17.71%), Potassium: 530.23mg (15.15%), Vitamin B5: 1.3mg (12.97%), Manganese: 0.26mg (12.96%), Fiber: 2.93g (11.73%), Folate: 43.6µg (10.9%), Vitamin B1: 0.14mg (9.33%), Magnesium: 35.43mg (8.86%), Vitamin B2: 0.15mg (8.58%), Iron: 1.51mg (8.39%), Copper: 0.11mg (5.72%), Vitamin E: 0.84mg (5.61%), Zinc: 0.69mg (4.59%), Calcium: 45.9mg (4.59%), Vitamin B12: 0.14µg (2.38%)