



Chinese Almond Chicken Stir-Fry



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



272 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bok choy chopped
- ☐ 1 cup celery sliced
- ☐ 1 chicken breast half boneless skinless thinly sliced
- ☐ 0.8 cup chicken broth
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 cup mushrooms sliced

- ☐ 1 cup onion sliced
- ☐ 3 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons soya sauce
- ☐ 0.3 cup water cold
- ☐ 0.5 cup almonds whole

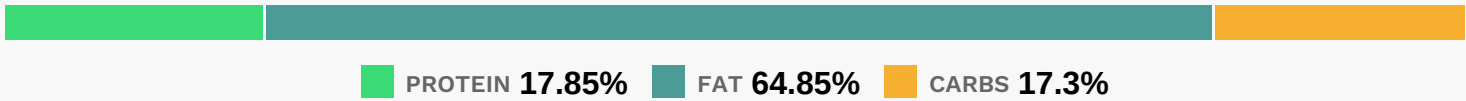
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat peanut oil in a large skillet over medium-high heat; fry almonds in hot oil until golden, about 2 minutes.
- ☐ Remove almonds from skillet with a slotted spoon. Stir fry chicken in remaining peanut oil until lightly browned, 2 to 3 minutes. Stir in soy sauce, ginger, salt, and black pepper until fragrant, about 1 minutes.
- ☐ Add mushrooms, onion, celery, and bok choy; continue to cook and stir until vegetables begin to soften, about 2 minutes.
- ☐ Pour chicken broth into skillet, cover, and simmer until chicken is no longer pink in the center, about 3 more minutes.
- ☐ Mix water and cornstarch in a small bowl; stir into chicken mixture and cook until sauce is thickened, about 3 minutes.
- ☐ Sprinkle with almonds to serve.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:1.35, Inflammation Score:-8, Nutrition Score:15.347826035126%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg

Nutrients (% of daily need)

Calories: 272.43kcal (13.62%), Fat: 20.47g (31.49%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 8.4g (3.05%), Sugar: 3.85g (4.27%), Cholesterol: 18.96mg (6.32%), Sodium: 1025.23mg (44.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.67g (25.35%), Vitamin E: 6.39mg (42.61%), Manganese: 0.7mg (34.78%), Vitamin B3: 5.15mg (25.76%), Vitamin B2: 0.41mg (23.9%), Phosphorus: 204.42mg (20.44%), Vitamin B6: 0.38mg (19.08%), Selenium: 12.84µg (18.35%), Magnesium: 72.87mg (18.22%), Vitamin A: 906.37IU (18.13%), Copper: 0.32mg (16.07%), Fiber: 3.89g (15.56%), Vitamin C: 12.46mg (15.11%), Vitamin K: 15.86µg (15.1%), Potassium: 512.11mg (14.63%), Folate: 42.99µg (10.75%), Vitamin B5: 1.01mg (10.13%), Calcium: 92.96mg (9.3%), Iron: 1.48mg (8.24%), Vitamin B1: 0.12mg (7.98%), Zinc: 1.07mg (7.1%), Vitamin B12: 0.07µg (1.25%)