



## Easy Chicken Stir-Fry

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



18 min.

SERVINGS



3

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 1.5 cups rice long-grain white hot cooked
- 0.3 cup stir-fry sauce
- 1 Tbsp oil
- 3 cups stir-fry vegetables fresh green (peppers, mushrooms, broccoli, carrots)

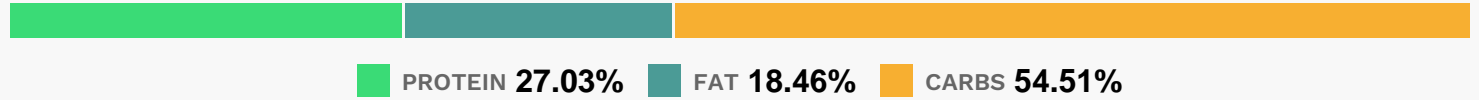
## Equipment

- frying pan

## Directions

- Cook and stir vegetables in hot oil in medium skillet on medium-high heat 5 min. or until crisp-tender.
- Add chicken and sauce; cover. Cook 2 min. or until heated through, stirring occasionally.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:51.33, Glycemic Load:31.66, Inflammation Score:-10, Nutrition Score:21.044782633367%

## Nutrients (% of daily need)

Calories: 378.04kcal (18.9%), Fat: 7.88g (12.12%), Saturated Fat: 1.16g (7.22%), Carbohydrates: 52.33g (17.44%), Net Carbohydrates: 44.74g (16.27%), Sugar: 4.59g (5.1%), Cholesterol: 48.19mg (16.06%), Sodium: 364.88mg (15.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.95g (51.9%), Vitamin A: 9253.87IU (185.08%), Vitamin B3: 10.37mg (51.85%), Manganese: 0.83mg (41.33%), Selenium: 22.3µg (31.86%), Fiber: 7.6g (30.38%), Vitamin B6: 0.59mg (29.42%), Phosphorus: 270.62mg (27.06%), Vitamin C: 18.93mg (22.94%), Vitamin B1: 0.28mg (18.5%), Magnesium: 69.6mg (17.4%), Potassium: 558.64mg (15.96%), Folate: 57.42µg (14.35%), Iron: 2.48mg (13.76%), Vitamin B2: 0.23mg (13.51%), Copper: 0.25mg (12.58%), Zinc: 1.77mg (11.82%), Vitamin B5: 1.15mg (11.52%), Vitamin E: 1mg (6.68%), Calcium: 61.9mg (6.19%), Vitamin K: 3.5µg (3.33%), Vitamin B12: 0.19µg (3.21%)