



Easy Chicken Stir-Fry Skillet

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup asian sesame dressing toasted kraft
- 1 Tbsp honey
- 4 cups rice white hot instant cooked
- 2 tsp oil
- 0.3 cup planters cocktail peanuts chopped
- 3 cups stir-fry vegetables frozen thawed
- 1 lb chicken breasts boneless skinless cut into strips
- 2 Tbsp soya sauce

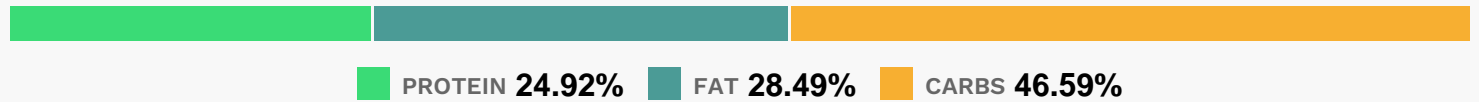
Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add chicken; cook and stir 7 min. or until no longer pink.
- Add vegetables, dressing, soy sauce and honey; mix well. Cook an additional 2 min. or until heated through.
- Sprinkle with peanuts.
- Serve over the rice.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:1.64, Inflammation Score:-7, Nutrition Score:6.5613043165725%

Nutrients (% of daily need)

Calories: 114.43kcal (5.72%), Fat: 3.66g (5.64%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 11.97g (4.35%), Sugar: 1.15g (1.28%), Cholesterol: 14.52mg (4.84%), Sodium: 172.7mg (7.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.42%), Vitamin A: 1394.22IU (27.88%), Vitamin B3: 3.64mg (18.22%), Selenium: 9.15µg (13.08%), Manganese: 0.24mg (12.06%), Vitamin B6: 0.22mg (11.14%), Folate: 36.65µg (9.16%), Phosphorus: 86.56mg (8.66%), Fiber: 1.51g (6.04%), Iron: 1.06mg (5.92%), Vitamin B1: 0.09mg (5.73%), Potassium: 167.61mg (4.79%), Magnesium: 18.27mg (4.57%), Vitamin B5: 0.43mg (4.26%), Vitamin C: 3.12mg (3.78%), Vitamin B2: 0.05mg (3.18%), Copper: 0.06mg (3.15%), Zinc: 0.47mg (3.12%), Vitamin K: 2.12µg (2.02%), Vitamin E: 0.28mg (1.88%), Calcium: 13.55mg (1.36%)