



 **54%**  
HEALTH SCORE

## Asian Chicken with Peanuts

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

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**1732 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups broccoli florets
- 1.8 cups chicken stock see swanson®
- 2 tablespoons cornstarch
- 2 cloves garlic minced
- 0.5 teaspoon ground ginger
- 2 small bell pepper red cut into 2-inch-long strips
- 4 cups rice long-grain white hot cooked
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- 0.5 cup roasted peanuts salted
- 1 pound chicken breast boneless skinless cut into strips
- 2 tablespoons soya sauce
- 2 tablespoons vegetable oil

## Equipment

- bowl
- frying pan

## Directions

- Stir the cornstarch, stock, soy sauce, ginger and sesame oil, if desired, in a medium bowl until the mixture is smooth.
- Heat 1 tablespoon vegetable oil in a 12-inch skillet over medium-high heat.
- Add the chicken and stir-fry until it is well browned, stirring often.
- Remove the chicken from the skillet.
- Reduce the heat to medium.
- Heat the remaining vegetable oil in the skillet.
- Add the broccoli, peppers and garlic and stir-fry until the vegetables are tender-crisp. Stir the cornstarch mixture in the skillet. Cook and stir until the mixture boils and thickens. Return the chicken to the skillet. Stir in the peanuts and cook until the mixture is hot and bubbling.
- Serve over the rice.

## Nutrition Facts



**PROTEIN 14.35%** **FAT 12.02%** **CARBS 73.63%**

## Properties

Glycemic Index:57.84, Glycemic Load:179.31, Inflammation Score:-9, Nutrition Score:46.87217405568%

## Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin:

0.05mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

## Nutrients (% of daily need)

Calories: 1732.16kcal (86.61%), Fat: 22.7g (34.92%), Saturated Fat: 4.14g (25.9%), Carbohydrates: 312.79g (104.26%), Net Carbohydrates: 304.22g (110.62%), Sugar: 4.61g (5.12%), Cholesterol: 75.72mg (25.24%), Sodium: 899.13mg (39.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.94g (121.87%), Manganese: 4.76mg (238.24%), Selenium: 97.55µg (139.35%), Vitamin B3: 23.17mg (115.87%), Vitamin C: 89.99mg (109.07%), Vitamin B6: 1.79mg (89.62%), Phosphorus: 817.2mg (81.72%), Vitamin B5: 6.04mg (60.44%), Vitamin K: 61.56µg (58.63%), Copper: 1.07mg (53.52%), Magnesium: 175.47mg (43.87%), Potassium: 1347.31mg (38.49%), Zinc: 5.55mg (37%), Fiber: 8.57g (34.28%), Vitamin B1: 0.49mg (32.46%), Vitamin A: 1479.31IU (29.59%), Vitamin B2: 0.5mg (29.41%), Folate: 109.76µg (27.44%), Iron: 4.82mg (26.76%), Calcium: 159.52mg (15.95%), Vitamin E: 2.15mg (14.34%), Vitamin B12: 0.23µg (3.78%)