



Garlic Chicken and Broccoli Stir-Fry

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

READY IN



20 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons vegetable oil
- 2 tablespoons garlic clove peeled sliced
- 1 lb broccoli florets fresh
- 0.5 cup baby carrots cut in half lengthwise
- 8 oz water chestnuts drained sliced canned
- 0.3 cup water
- 0.5 cup teriyaki sauce (from 12-oz bottle)
- 2 cups rotisserie chicken cut (from 2- to 2 1/2-lb chicken)

1 serving rice hot cooked

Equipment

frying pan

wok

Directions

In 12-inch nonstick skillet or wok, heat oil over medium-high heat. Cook garlic in oil about 1 minute, stirring constantly and being careful that garlic doesn't burn, until golden brown.

Add broccoli, carrots, water chestnuts and water to skillet. Cook 7 to 9 minutes, stirring occasionally, until vegetables are crisp-tender and water has evaporated.

Gently stir in teriyaki glaze and chicken. Cook 1 to 2 minutes or until chicken is thoroughly heated.

Serve over rice.

Nutrition Facts

 **PROTEIN 35.9%**  **FAT 34.81%**  **CARBS 29.29%**

Properties

Glycemic Index:42.75, Glycemic Load:7.82, Inflammation Score:-9, Nutrition Score:21.642173891482%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg, Kaempferol: 8.9mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 429.83kcal (21.49%), Fat: 17.04g (26.21%), Saturated Fat: 3.77g (23.56%), Carbohydrates: 32.26g (10.75%), Net Carbohydrates: 26.44g (9.61%), Sugar: 10.01g (11.13%), Cholesterol: 113.56mg (37.85%), Sodium: 1847.6mg (80.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.53g (79.07%), Vitamin C: 103.95mg (126%), Vitamin K: 129.91µg (123.73%), Vitamin A: 2913.23IU (58.26%), Manganese: 0.51mg (25.68%), Fiber: 5.82g (23.29%), Vitamin B6: 0.46mg (22.99%), Folate: 84.46µg (21.11%), Potassium: 604.54mg (17.27%), Phosphorus: 166.38mg (16.64%), Magnesium: 55.43mg (13.86%), Iron: 2.46mg (13.68%), Vitamin E: 1.89mg (12.63%), Vitamin B2: 0.19mg (11.3%), Copper: 0.22mg (11.2%), Vitamin B5: 1.01mg (10.12%), Selenium: 6.05µg (8.64%), Vitamin B3: 1.7mg (8.48%), Calcium: 80.48mg (8.05%), Vitamin B1: 0.12mg (7.85%), Zinc: 1.01mg (6.72%)