



Garlic Chicken and Broccoli Stir-Fry

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

READY IN



20 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

0.3 cup water

Equipment

frying pan

wok

Directions

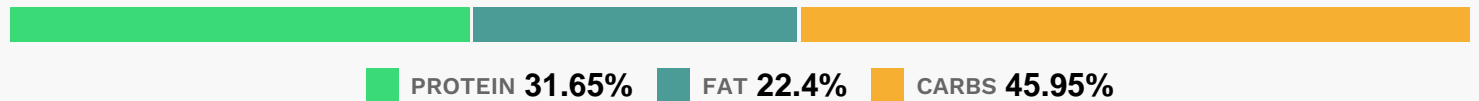
In 12-inch nonstick skillet or wok, heat oil over medium-high heat. Cook garlic in oil about 1 minute, stirring constantly and being careful that garlic doesn't burn, until golden brown.

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



Properties

Glycemic Index:42.75, Glycemic Load:25.75, Inflammation Score:-10, Nutrition Score:34.323913182901%

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: 424.05kcal (21.2%), Fat: 10.6g (16.31%), Saturated Fat: 1.92g (12%), Carbohydrates: 48.93g (16.31%), Net Carbohydrates: 42.87g (15.59%), Sugar: 10.02g (11.14%), Cholesterol: 75.71mg (25.24%), Sodium: 1574.94mg (68.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.71g (67.42%), Vitamin C: 105.37mg (127.72%), Vitamin K: 130.15µg (123.95%), Vitamin B3: 14.27mg (71.36%), Vitamin B6: 1.4mg (70.05%), Selenium: 48.35µg (69.07%), Vitamin A: 2948.72IU (58.97%), Phosphorus: 440.28mg (44.03%), Manganese: 0.81mg (40.55%), Potassium: 1062.96mg (30.37%), Vitamin B5: 2.93mg (29.29%), Fiber: 6.06g (24.24%), Magnesium: 93.29mg (23.32%), Folate: 90.97µg (22.74%), Vitamin B2: 0.32mg (18.71%), Iron: 3.02mg (16.77%), Copper: 0.3mg (14.84%), Vitamin E: 2.14mg (14.28%), Vitamin B1: 0.21mg (13.68%), Zinc: 1.98mg (13.22%), Calcium: 92.32mg (9.23%), Vitamin

B12: 0.24µg (3.94%)