



Ginger Chicken Stir-Fry

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



4

CALORIES



1267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups broccoli
- 2 medium carrots sliced
- 1.5 cups chicken broth organic swanson® (regular, Natural or Certified)
- 2 teaspoons cornstarch
- 0.3 cup cilantro leaves fresh chopped
- 2 teaspoons ginger fresh grated
- 2 teaspoons juice of lemon
- 2 tablespoons soy sauce low-sodium

- 1 small onion chopped
- 3 cups rice long-grain white hot cooked
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- 1 pound chicken breast boneless skinless cut into strips
- 2 tablespoons vegetable oil

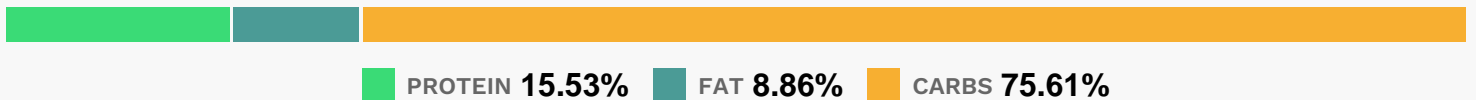
Equipment

- frying pan

Directions

- Mix cornstarch, broth, soy sauce, lemon juice and ginger until smooth. Set aside.
- Heat 1 tablespoon oil in medium skillet over medium-high heat.
- Add chicken and stir-fry until browned and done.
- Remove chicken.
- Heat remaining oil over medium heat.
- Add broccoli, carrots and onion and stir-fry until tender-crisp.
- Stir cornstarch mixture and add. Cook until mixture boils and thickens, stirring constantly. Return chicken to skillet and heat through.
- Sprinkle with cilantro.
- Serve over rice, if desired.

Nutrition Facts



Properties

Glycemic Index:68.8, Glycemic Load:136.03, Inflammation Score:-10, Nutrition Score:46.486086855764%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 0.88mg,

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 7.09mg, Kaempferol: 7.09mg, Kaempferol: 7.09mg, Kaempferol: 7.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg

Nutrients (% of daily need)

Calories: 1266.92kcal (63.35%), Fat: 12.21g (18.79%), Saturated Fat: 2.31g (14.47%), Carbohydrates: 234.4g (78.13%), Net Carbohydrates: 227.23g (82.63%), Sugar: 4.52g (5.03%), Cholesterol: 74.34mg (24.78%), Sodium: 811.85mg (35.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.16g (96.31%), Manganese: 3.37mg (168.45%), Selenium: 80.95µg (115.64%), Vitamin A: 5747.33IU (114.95%), Vitamin K: 109.97µg (104.73%), Vitamin C: 84.24mg (102.11%), Vitamin B3: 17.45mg (87.27%), Vitamin B6: 1.54mg (76.93%), Phosphorus: 649.05mg (64.9%), Vitamin B5: 5.08mg (50.83%), Copper: 0.73mg (36.37%), Potassium: 1195.92mg (34.17%), Magnesium: 130.02mg (32.5%), Fiber: 7.17g (28.67%), Zinc: 4.28mg (28.54%), Vitamin B2: 0.45mg (26.37%), Vitamin B1: 0.38mg (25.38%), Folate: 96.05µg (24.01%), Iron: 3.61mg (20.06%), Calcium: 145.74mg (14.57%), Vitamin E: 2.07mg (13.78%), Vitamin B12: 0.24µg (4.07%)