



 **21%**
HEALTH SCORE

Ginger Chicken Stir-Fry

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

READY IN



45 min.

SERVINGS



6

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounces savory vegetable frozen (packaged mixture)
- 16 ounces savory vegetable frozen (packaged mixture)
- 1 pound chicken breast cut into 1-½ inch pieces (skinned and boned)
- 1 cup chicken broth
- 3 cups brown rice hot cooked
- 1 tablespoon cornstarch
- 2 teaspoon ground ginger
- 1 medium onion cut into 8 wedges

- 0.3 cup teriyaki sauce
- 0.8 cup vegetable oil
- 3 cups water

Equipment

- bowl
- frying pan
- baking pan
- wok

Directions

- In shallow baking dish, combine teriyaki sauce and water; add chicken pieces, coating well. Cover and refrigerate two hours.
- Drain marinade from chicken pieces. In large skillet or wok, heat oil; stir-fry chicken and onion until chicken is slightly browned. Stir in vegetables, ginger, and wine. Cover; simmer 4 to 5 minutes, or until vegetables are tender crisp. In small bowl, combine cornstarch and water until smooth. Gradually add to skillet, stirring constantly, until thickened.
- Serve over hot rice.*Or use 1 package (16 ounces) frozen vegetable mixture of your choice. NOTE: Optional ingredients are omitted from the nutritional calculations. When ingredient options appear in a recipe, the first ingredient choice is used for calculation.

Nutrition Facts



PROTEIN 26.18% **FAT 21.9%** **CARBS 51.92%**

Properties

Glycemic Index:28.2, Glycemic Load:17.86, Inflammation Score:-10, Nutrition Score:25.971304347826%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Taste

Sweetness: 25.02%, Saltiness: 100%, Sourness: 20.48%, Bitterness: 33.77%, Savoriness: 43.27%, Fattiness: 75.09%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 368kcal (18.4%), Fat: 9.14g (14.05%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 48.72g (16.24%), Net Carbohydrates: 40.49g (14.72%), Sugar: 2.66g (2.96%), Cholesterol: 49.17mg (16.39%), Sodium: 771.59mg (33.55%), Protein: 24.57g (49.15%), Vitamin A: 7701.84IU (154.04%), Manganese: 1.71mg (85.71%), Vitamin B3: 11.4mg (56.99%), Vitamin B6: 0.89mg (44.74%), Selenium: 25.59µg (36.55%), Phosphorus: 349.7mg (34.97%), Fiber: 8.23g (32.93%), Magnesium: 111.04mg (27.76%), Vitamin B1: 0.35mg (23.52%), Vitamin C: 17.99mg (21.81%), Potassium: 746.94mg (21.34%), Vitamin B5: 1.76mg (17.59%), Vitamin B2: 0.25mg (14.91%), Iron: 2.64mg (14.68%), Copper: 0.29mg (14.39%), Folate: 55.3µg (13.83%), Zinc: 1.83mg (12.21%), Vitamin K: 10.25µg (9.76%), Calcium: 64.45mg (6.44%), Vitamin E: 0.61mg (4.06%), Vitamin B12: 0.16µg (2.65%)