



Ginger Chicken Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli flowerets
- ☐ 1 cup carrots thinly sliced
- ☐ 4 cups rice long-grain cooked (without salt or fat)
- ☐ 1 tablespoon cornstarch
- ☐ 1.5 teaspoons sesame oil dark divided
- ☐ 3 tablespoons cooking sherry dry
- ☐ 2 teaspoons garlic minced
- ☐ 1 tablespoon gingerroot minced peeled

- ☐ 1 slices green onion
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.8 cup no-salt-added chicken broth undiluted canned
- ☐ 1 cup onion thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 pound skinned cut into 1-inch pieces
- ☐ 1 teaspoon sugar
- ☐ 1.5 cups zucchini cubed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Combine first 8 ingredients in a small bowl; stir well, and set aside.
- ☐ Coat a wok or large nonstick skillet with cooking spray; drizzle 1/2 teaspoon oil around top of wok.
- ☐ Heat at medium-high (37
- ☐ until hot.
- ☐ Add broccoli and carrot; stir-fry 2 minutes.
- ☐ Add zucchini, onion, and green onions; stir-fry 2 minutes.
- ☐ Remove vegetables from wok; set aside.
- ☐ Add remaining 1 teaspoon oil to wok.
- ☐ Add chicken; stir-fry 3 to 4 minutes or until chicken is lightly browned. Return vegetables to wok. Stir cornstarch mixture; add to wok. Stir-fry 1 minute or until thoroughly heated.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:97.98, Glycemic Load:51.31, Inflammation Score:-10, Nutrition Score:30.98130451078%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.99mg, Quercetin: 9.99mg, Quercetin: 9.99mg, Quercetin: 9.99mg

Nutrients (% of daily need)

Calories: 435.97kcal (21.8%), Fat: 5.62g (8.65%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 60.6g (20.2%), Net Carbohydrates: 56.63g (20.59%), Sugar: 6.46g (7.17%), Cholesterol: 72.57mg (24.19%), Sodium: 622.93mg (27.08%), Alcohol: 1.16g (100%), Alcohol %: 0.29% (100%), Protein: 32.62g (65.24%), Vitamin A: 5750.49IU (115.01%), Selenium: 49.9µg (71.29%), Vitamin B3: 14.05mg (70.23%), Vitamin C: 54.38mg (65.92%), Vitamin B6: 1.29mg (64.28%), Manganese: 1.11mg (55.64%), Vitamin K: 52.28µg (49.79%), Phosphorus: 407.41mg (40.74%), Potassium: 984.36mg (28.12%), Vitamin B5: 2.76mg (27.59%), Magnesium: 82.22mg (20.56%), Vitamin B2: 0.3mg (17.37%), Folate: 65.87µg (16.47%), Fiber: 3.96g (15.86%), Zinc: 2.05mg (13.69%), Vitamin B1: 0.2mg (13.55%), Copper: 0.25mg (12.63%), Iron: 1.69mg (9.39%), Calcium: 77.85mg (7.78%), Vitamin E: 0.96mg (6.39%), Vitamin B12: 0.27µg (4.52%)