



Ginger Chicken with Almonds



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast halves boneless skinless ()
- ☐ 2 teaspoons ground coriander
- ☐ 1 teaspoon ginger plus) fresh grated julienned
- ☐ 4 teaspoons vegetable oil
- ☐ 2 teaspoons white-wine vinegar
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 4 large scallions trimmed (or 6 small)
- ☐ 0.5 cup mango chutney chopped
- ☐ 0.3 cup chicken broth
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup almonds toasted sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Slice chicken crosswise into ½-inch-thick pieces.
- ☐ Whisk the ground coriander, grated ginger, 2 teaspoons of the oil, vinegar, corn starch, salt, and pepper in a medium bowl, making sure there are no lumps of corn starch.
- ☐ Add the chicken and marinate at room temperature for 15 minutes.
- ☐ Prepare scallions: Thinly slice white parts of scallions. Julienne green parts; set aside.
- ☐ together chutney, broth, and garlic in a small bowl.
- ☐ Stir-fry:
- ☐ Heat remaining 2 teaspoons oil in a 12-inch nonstick skillet (or wok) over medium-high heat.
- ☐ Add scallion whites and julienned ginger; stir-fry 30 seconds.
- ☐ Add chicken and stir-fry until thoroughly cooked, 4 to 6 minutes.
- ☐ Add scallion greens and chutney mixture; cook, stirring, 2 minutes.
- ☐ Transfer to shallow bowls with hot cooked rice (or without rice, for low-carb version).
- ☐ Sprinkle with toasted almond slices and serve.

Nutrition Facts



 **PROTEIN 31.16%**  **FAT 28.44%**  **CARBS 40.4%**

Properties

Glycemic Index:43.5, Glycemic Load:16.38, Inflammation Score:-5, Nutrition Score:17.884782573451%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 336.11kcal (16.81%), Fat: 10.59g (16.3%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 33.85g (11.28%), Net Carbohydrates: 31.54g (11.47%), Sugar: 21.53g (23.92%), Cholesterol: 72.61mg (24.2%), Sodium: 494.73mg (21.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.11g (52.23%), Vitamin B3: 12.2mg (61.02%), Vitamin K: 60.47µg (57.59%), Selenium: 37.85µg (54.07%), Vitamin B6: 0.89mg (44.42%), Phosphorus: 288.74mg (28.87%), Vitamin B5: 1.67mg (16.73%), Potassium: 585.08mg (16.72%), Vitamin E: 2.25mg (15.02%), Vitamin B2: 0.24mg (14.33%), Magnesium: 55.79mg (13.95%), Manganese: 0.26mg (13.14%), Vitamin C: 10.28mg (12.46%), Fiber: 2.32g (9.27%), Copper: 0.17mg (8.53%), Iron: 1.43mg (7.93%), Vitamin B1: 0.11mg (7.46%), Folate: 27.82µg (6.96%), Zinc: 1.03mg (6.86%), Calcium: 57.63mg (5.76%), Vitamin A: 284.25IU (5.69%), Vitamin B12: 0.23µg (3.82%)