



Gluten-Free Asian Chicken Stir Fry

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

READY IN



30 min.

SERVINGS



4

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons canola oil
- 1 lb chicken breast boneless skinless cut into 1-inch pieces
- 3 cloves garlic finely chopped
- 1 tablespoon ginger finely chopped
- 2 medium carrots cut into 1/4-inch diagonal slices (1 cup)
- 0.8 cup chicken broth gluten-free reduced-sodium
- 2 tablespoons soy sauce gluten-free low-sodium
- 0.3 teaspoon pepper red crushed

- 2 cups sugar snap peas frozen
- 1 cup bell pepper red thin (2x)
- 1 tablespoon cornstarch
- 1 serving brown rice hot cooked

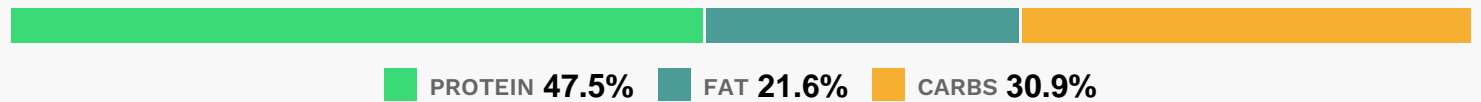
Equipment

- bowl
- frying pan

Directions

- In 12-inch nonstick skillet, heat oil over medium-high heat.
- Add chicken, garlic and gingerroot; cook and stir 3 to 4 minutes or until chicken is light golden brown.
- Add carrots, 1/4 cup of the broth, the soy sauce and pepper flakes. Cover; cook over medium heat 3 minutes, stirring once.
- Add frozen sugar snap peas and bell pepper. Cover; cook 4 to 6 minutes, stirring once, until vegetables are crisp-tender.
- In small bowl, mix remaining broth and cornstarch; stir into chicken mixture. Cook 1 minute, stirring frequently, until sauce is bubbly and thickened.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:44.01, Glycemic Load:4.45, Inflammation Score:-10, Nutrition Score:27.284347731134%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 241.39kcal (12.07%), Fat: 5.76g (8.85%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 18.52g (6.17%), Net Carbohydrates: 14.97g (5.44%), Sugar: 5.13g (5.7%), Cholesterol: 72.57mg (24.19%), Sodium: 460.4mg (20.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.47g (56.94%), Vitamin A: 6865.54IU (137.31%), Vitamin C: 81.03mg (98.22%), Vitamin B3: 13.85mg (69.25%), Vitamin B6: 1.17mg (58.26%), Selenium: 37.15µg (53.07%), Phosphorus: 334.46mg (33.45%), Manganese: 0.57mg (28.4%), Vitamin B5: 2.32mg (23.24%), Potassium: 798.02mg (22.8%), Vitamin K: 19.93µg (18.98%), Magnesium: 67.62mg (16.91%), Vitamin B1: 0.22mg (14.64%), Vitamin B2: 0.24mg (14.21%), Fiber: 3.55g (14.19%), Folate: 52.84µg (13.21%), Iron: 2.1mg (11.67%), Vitamin E: 1.63mg (10.89%), Zinc: 1.25mg (8.36%), Copper: 0.15mg (7.43%), Calcium: 50.82mg (5.08%), Vitamin B12: 0.27µg (4.52%)