



Gluten-Free Stir Fried Thai Chicken Salad

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

READY IN



30 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup vegetable oil
- 2 tablespoons sugar
- 2 tablespoons vinegar white
- 0.3 teaspoon salt
- 0.1 teaspoon pepper red crushed
- 2 teaspoons vegetable oil
- 1 pound chicken breast boneless for stir-fry
- 1 medium zucchini cut into julienne strips (2 cups)

- 6 spring onion cut into 1-inch julienne strips (1/2 cup)
- 0.3 teaspoon pepper red crushed
- 4 cups bok choy chopped (stems and leaves)
- 0.3 cup roasted peanuts
- 2 tablespoons cilantro leaves fresh chopped

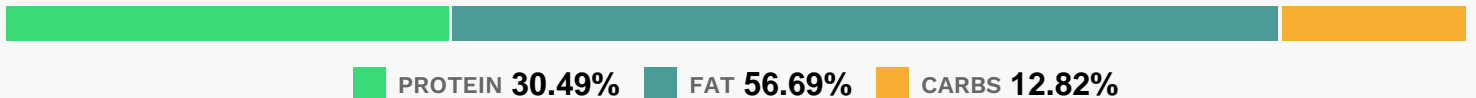
Equipment

- frying pan
- wok

Directions

- Mix all Sweet-and-Sour Dressing ingredients.
- In 12-inch skillet or wok, heat oil over medium-high heat.
- Add chicken; cook and stir about 5 minutes or until no longer pink in center.
- Add zucchini, carrots, onions and pepper flakes; cook and stir about 4 minutes or until vegetables are crisp-tender. Stir in dressing. Cook and stir 1 minute.
- Serve over bok choy. Top with peanuts and cilantro.

Nutrition Facts



Properties

Glycemic Index:49.77, Glycemic Load:4.62, Inflammation Score:-10, Nutrition Score:27.202174269635%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 3.28mg, Kaempferol: 3.28mg, Kaempferol: 3.28mg, Kaempferol: 3.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 370.75kcal (18.54%), Fat: 23.66g (36.41%), Saturated Fat: 3.82g (23.9%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 9.5g (3.46%), Sugar: 8.48g (9.42%), Cholesterol: 72.57mg (24.19%), Sodium: 372.08mg

(16.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.63g (57.26%), Vitamin K: 101.46µg (96.62%), Vitamin A: 3508.17IU (70.16%), Vitamin B3: 13.88mg (69.4%), Vitamin B6: 1.1mg (55.18%), Vitamin C: 45.07mg (54.63%), Selenium: 37.64µg (53.78%), Phosphorus: 325.61mg (32.56%), Potassium: 849.36mg (24.27%), Manganese: 0.47mg (23.39%), Folate: 85.69µg (21.42%), Vitamin B5: 1.92mg (19.21%), Magnesium: 70.95mg (17.74%), Vitamin B2: 0.23mg (13.76%), Vitamin E: 1.81mg (12.08%), Calcium: 110.48mg (11.05%), Vitamin B1: 0.16mg (10.8%), Fiber: 2.54g (10.16%), Iron: 1.68mg (9.34%), Zinc: 1.21mg (8.07%), Copper: 0.15mg (7.49%), Vitamin B12: 0.23µg (3.78%)