



Hoisin Chicken and Broccoli Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

SAUCE

Ingredients

- ☐ 2 teaspoons bottled garlic minced
- ☐ 2 teaspoons bottled ginger fresh minced
- ☐ 3 cups bagged broccoli florets
- ☐ 1 pound chicken breast tenders
- ☐ 1 teaspoon cornstarch
- ☐ 2 tablespoons cooking sherry dry
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 3 tablespoons hoisin sauce

- ☐ 2 tablespoons orange juice
- ☐ 0.5 teaspoon sesame oil
- ☐ 1 tablespoon vegetable oil
- ☐ 8 ounce water chestnuts whole drained canned

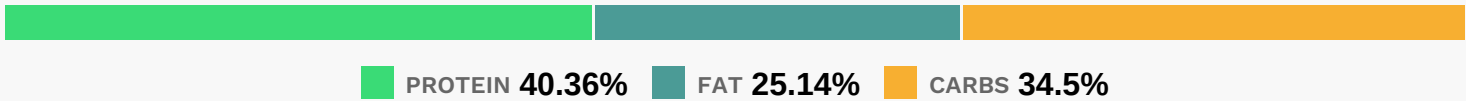
Equipment

- ☐ frying pan

Directions

- ☐ Heat vegetable oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Combine broth and the next 7 ingredients (broth through sesame oil).
- ☐ Add chicken to pan, and saut 2 minutes.
- ☐ Add broccoli, and saut 5 minutes.
- ☐ Add chestnuts, and saut 2 minutes.
- ☐ Add broth mixture, and cook 1 1/2 minutes or until sauce is slightly thick, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:1.65, Inflammation Score:-7, Nutrition Score:24.294348229533%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 5.36mg, Kaempferol: 5.36mg, Kaempferol: 5.36mg, Kaempferol: 5.36mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 275.94kcal (13.8%), Fat: 7.63g (11.74%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 19.1g (6.94%), Sugar: 7.5g (8.33%), Cholesterol: 72.93mg (24.31%), Sodium: 433.89mg (18.86%), Alcohol: 0.77g (100%), Alcohol %: 0.33% (100%), Protein: 27.55g (55.1%), Vitamin C: 68.58mg (83.12%), Vitamin K: 76.48µg (72.83%), Vitamin B3: 12.91mg (64.53%), Vitamin B6: 1.16mg (58.08%), Selenium: 39.65µg (56.65%), Phosphorus: 314.37mg (31.44%), Potassium: 802.26mg (22.92%), Vitamin B5: 2.2mg (22.03%), Fiber: 4.45g (17.78%), Manganese: 0.34mg (17.1%), Vitamin B2: 0.25mg (14.83%), Folate: 58.56µg (14.64%), Magnesium: 54.82mg (13.71%), Iron: 1.93mg (10.75%), Vitamin E: 1.52mg (10.14%), Vitamin B1: 0.15mg (9.74%), Vitamin A: 477.16IU (9.54%), Copper: 0.19mg (9.44%), Zinc: 1.37mg (9.1%), Calcium: 52.29mg (5.23%), Vitamin B12: 0.26µg (4.41%)