



## Hot-and-Sweet Apricot Chicken

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

READY IN



**30 min.**

SERVINGS



**6**

CALORIES



**409 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15.3 ounces all-natural apricot nectar drained canned
- 1 tablespoon cornstarch
- 1 teaspoon five-spice powder
- 2 teaspoons soy sauce reduced-sodium
- 0.5 teaspoon pepper red crushed
- 2 teaspoons vegetable oil
- 1 pound chicken breast boneless skinless cut into 2x1/4-inch slices
- 1 tablespoon ginger finely chopped

- 1 pound asparagus cut into 1-inch pieces
- 4 medium spring onion cut into 1-inch pieces
- 8 ounces pineapple chunks drained canned
- 6 cups brown rice hot cooked

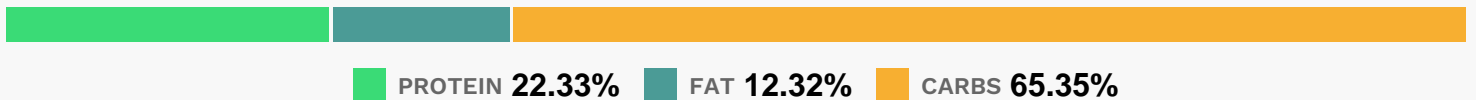
## Equipment

- frying pan
- wok

## Directions

- Chop apricots.
- Mix reserved juice, the cornstarch, five-spice powder, soy sauce and red pepper.
- Heat wok or 12-inch skillet over high heat.
- Add oil; rotate wok to coat side.
- Add chicken and gingerroot; stir-fry about 2 minutes or until chicken is no longer pink in center.
- Add asparagus and onions; stir-fry about 2 minutes or until asparagus is crisp-tender.
- Stir in juice mixture, apricots and pineapple.
- Heat to boiling, stirring constantly. Boil and stir 1 minute.
- Serve with rice.

## Nutrition Facts



## Properties

Glycemic Index:21.87, Glycemic Load:22.71, Inflammation Score:-9, Nutrition Score:27.697826426962%

## Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Quercetin: 11.64mg, Quercetin: 11.64mg, Quercetin: 11.64mg, Quercetin: 11.64mg

## Nutrients (% of daily need)

Calories: 409.05kcal (20.45%), Fat: 5.63g (8.65%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 67.16g (22.39%), Net Carbohydrates: 61.14g (22.23%), Sugar: 16.31g (18.12%), Cholesterol: 48.38mg (16.13%), Sodium: 161.9mg (7.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.94g (45.89%), Manganese: 2.32mg (116.11%), Vitamin B3: 11.53mg (57.66%), Vitamin K: 56.37µg (53.68%), Vitamin B6: 0.99mg (49.74%), Vitamin C: 32.03mg (38.83%), Selenium: 26.23µg (37.47%), Phosphorus: 362mg (36.2%), Vitamin A: 1710.47IU (34.21%), Magnesium: 129.25mg (32.31%), Vitamin B1: 0.44mg (29.6%), Fiber: 6.03g (24.1%), Vitamin B5: 2.13mg (21.35%), Potassium: 723.22mg (20.66%), Copper: 0.39mg (19.47%), Iron: 3.32mg (18.45%), Folate: 60.05µg (15.01%), Zinc: 2.18mg (14.53%), Vitamin B2: 0.24mg (14.02%), Vitamin E: 1.55mg (10.35%), Calcium: 63.86mg (6.39%), Vitamin B12: 0.15µg (2.52%)