



Jamaican Chicken Stir-Fry

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings rice steamed for serving
- ☐ 2 teaspoons cornstarch
- ☐ 2 large egg whites
- ☐ 1 jar mixture of jamaican jardinière pickles--2 garlic cloves red
- ☐ 2 servings salt and pepper freshly ground
- ☐ 0.5 teaspoon asian sesame oil
- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 2 tablespoons soya sauce

- ☐ 2 small tomatoes coarsely chopped
- ☐ 1 tablespoon vegetable oil

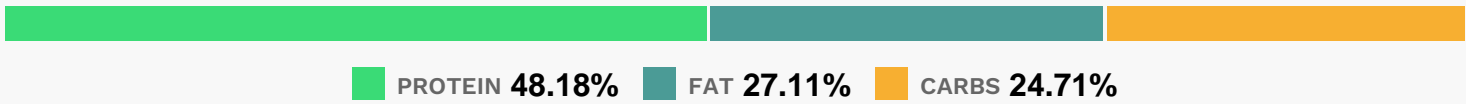
Equipment

- ☐ bowl
- ☐ wok

Directions

- ☐ In a shallow bowl, combine the egg whites, cornstarch and 2 teaspoons of the soy sauce.
- ☐ Add the chicken and a pinch each of salt and pepper and turn to coat. Refrigerate for 30 minutes.
- ☐ Cut the pickled garlic and ginger into slivers. Seed the Scotch bonnet chile pickle and finely chop.
- ☐ Cut the remaining pickles into bite-size pieces.
- ☐ Set a wok over high heat.
- ☐ Add the vegetable oil and heat until smoking.
- ☐ Add the pickled garlic and ginger and stir-fry for 10 seconds.
- ☐ Add the chicken and stir-fry until almost cooked through, about 3 minutes.
- ☐ Add the tomatoes and stir-fry for 1 minute.
- ☐ Add the pickled vegetables and chiles, pickling liquid and the remaining 2 tablespoons of soy sauce and stir-fry for 10 seconds to blend. Season with salt and pepper and stir in the sesame oil.
- ☐ Serve at once with steamed rice.

Nutrition Facts



Properties

Glycemic Index:96, Glycemic Load:25.02, Inflammation Score:-7, Nutrition Score:27.738261202107%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 482.9kcal (24.15%), Fat: 14.15g (21.78%), Saturated Fat: 2.55g (15.96%), Carbohydrates: 29.03g (9.68%), Net Carbohydrates: 27.45g (9.98%), Sugar: 2.98g (3.31%), Cholesterol: 145.15mg (48.38%), Sodium: 1522.74mg (66.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.6g (113.2%), Vitamin B3: 25.26mg (126.3%), Selenium: 85.37µg (121.96%), Vitamin B6: 1.89mg (94.44%), Phosphorus: 561.46mg (56.15%), Vitamin B5: 3.75mg (37.54%), Potassium: 1176.52mg (33.61%), Manganese: 0.61mg (30.7%), Vitamin B2: 0.43mg (25.13%), Magnesium: 89.48mg (22.37%), Vitamin K: 20.29µg (19.33%), Vitamin C: 15.34mg (18.6%), Vitamin A: 826.11IU (16.52%), Vitamin B1: 0.21mg (13.84%), Zinc: 1.95mg (13.01%), Copper: 0.2mg (10.2%), Vitamin E: 1.52mg (10.16%), Iron: 1.72mg (9.55%), Vitamin B12: 0.48µg (8.05%), Folate: 29.67µg (7.42%), Fiber: 1.58g (6.32%), Calcium: 35.31mg (3.53%), Vitamin D: 0.23µg (1.51%)