



Jerk Chicken Stir-Fry

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

READY IN



30 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound chicken breast halves boneless skinless cut into 1/2-inch strips
- 2 teaspoons walkerswood jamaican jerk seasoning dry ()
- 1 tablespoon vegetable oil
- 4 medium spring onion cut into 1/2-inch pieces
- 1 medium bell pepper red cut into 1-inch pieces
- 11 ounces mandarin orange segents drained canned
- 0.5 cup roasted peanuts
- 4 cups rice hot cooked

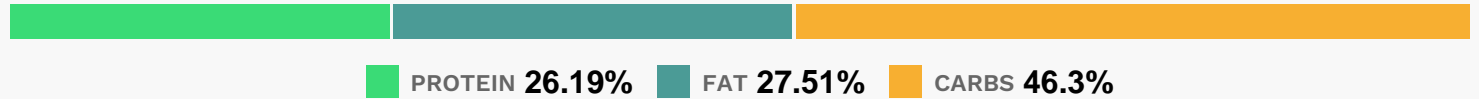
Equipment

- frying pan
- ziploc bags

Directions

- Place chicken in heavy-duty resealable plastic bag.
- Sprinkle jerk seasoning over chicken; seal bag and shake until chicken is evenly coated.
- Heat oil in 10-inch skillet over medium-high heat.
- Add chicken; stir-fry 10 to 12 minutes or until no longer pink in center.
- Add onions and bell pepper; stir-fry 2 to 3 minutes or until vegetables are crisp-tender.
- Gently stir in orange segments.
- Sprinkle with peanuts.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:52.19, Inflammation Score:-9, Nutrition Score:29.453913149626%

Flavonoids

Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 527.07kcal (26.35%), Fat: 16.23g (24.97%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 61.45g (20.48%), Net Carbohydrates: 56.43g (20.52%), Sugar: 10.01g (11.13%), Cholesterol: 72.57mg (24.19%), Sodium: 233.69mg (10.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.77g (69.54%), Vitamin B3: 15.96mg (79.82%), Vitamin C: 63.08mg (76.46%), Selenium: 49.91µg (71.3%), Manganese: 1.3mg (64.86%), Vitamin B6: 1.22mg (61.02%), Phosphorus: 408.58mg (40.86%), Vitamin A: 1942.46IU (38.85%), Vitamin K: 40.04µg (38.14%), Vitamin B5: 2.77mg

(27.69%), Potassium: 869.58mg (24.85%), Magnesium: 96.52mg (24.13%), Fiber: 5.02g (20.09%), Folate: 68.31µg (17.08%), Copper: 0.32mg (16.03%), Vitamin B1: 0.23mg (15.6%), Zinc: 2.03mg (13.52%), Vitamin B2: 0.22mg (13.19%), Vitamin E: 1.65mg (10.98%), Iron: 1.79mg (9.96%), Calcium: 84.75mg (8.47%), Vitamin B12: 0.23µg (3.78%)