



Jim's Chicken and Vegetables

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 skinned and boned chicken breast halves
- ☐ 2 tablespoons cornstarch divided
- ☐ 1 tablespoon cooking sherry dry
- ☐ 2 to 3 garlic cloves minced
- ☐ 1.5 tablespoons soybean miso
- ☐ 4 to 6 mushrooms dried black
- ☐ 6 cups napa cabbage shredded
- ☐ 1 large onion chopped

- ☐ 1 tablespoon oyster sauce
- ☐ 0.3 cup sesame oil divided
- ☐ 0.3 cup lite soy sauce divided
- ☐ 1 teaspoon sugar
- ☐ 1 cup water hot
- ☐ 2 tablespoons water

Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Soak black mushrooms in 1 cup hot water 15 minutes; drain, reserving 1/4 cup mushroom liquid. Chop mushrooms, and set aside.
- ☐ Cut chicken into 1/2-inch-thick strips; toss with 1 tablespoon cornstarch and 2 tablespoons soy sauce. Set aside.
- ☐ Stir together remaining 2 tablespoons soy sauce, reserved 1/4 cup mushroom liquid, black beans, and next 3 ingredients with a fork, pressing to mash.
- ☐ Heat 2 tablespoons oil in a large skillet or wok over medium-high heat 2 minutes.
- ☐ Add chicken, and stir-fry 5 minutes or until done.
- ☐ Remove from skillet.
- ☐ Heat remaining 2 tablespoons oil in skillet over medium-high heat 2 minutes.
- ☐ Add onion, and stir-fry 1 minute and 30 seconds; add garlic, and stir-fry 30 seconds.
- ☐ Add mushrooms, and stir-fry 1 minute.
- ☐ Add chicken and cabbage, and stir-fry 30 seconds. Make a well in center of mixture.
- ☐ Stir together remaining 1 tablespoon cornstarch and 2 tablespoons water until smooth.
- ☐ Add cornstarch mixture and bean mixture to skillet, and bring to a boil; boil 1 minute or until thickened.
- ☐ *1 tablespoon hoisin sauce may be substituted for oyster sauce.

Nutrition Facts

PROTEIN 35.22% FAT 46.82% CARBS 17.96%

Properties

Glycemic Index:55.27, Glycemic Load:2.61, Inflammation Score:-7, Nutrition Score:22.208696012912%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 335.05kcal (16.75%), Fat: 17.52g (26.96%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 12.2g (4.44%), Sugar: 5.08g (5.64%), Cholesterol: 72.32mg (24.11%), Sodium: 1081.03mg (47%), Alcohol: 0.39g (100%), Alcohol %: 0.12% (100%), Protein: 29.66g (59.31%), Vitamin B3: 13.66mg (68.3%), Vitamin B6: 1.23mg (61.34%), Selenium: 39.54µg (56.49%), Vitamin K: 51.18µg (48.74%), Vitamin C: 35.8mg (43.4%), Phosphorus: 321.77mg (32.18%), Folate: 108.47µg (27.12%), Potassium: 849.76mg (24.28%), Vitamin B5: 2.14mg (21.41%), Manganese: 0.4mg (19.88%), Vitamin B2: 0.29mg (17.09%), Magnesium: 57.27mg (14.32%), Fiber: 2.93g (11.71%), Calcium: 113.26mg (11.33%), Vitamin B1: 0.16mg (10.9%), Copper: 0.19mg (9.67%), Vitamin A: 397.3IU (7.95%), Zinc: 1.18mg (7.89%), Iron: 1.42mg (7.88%), Vitamin B12: 0.25µg (4.21%), Vitamin E: 0.55mg (3.69%), Vitamin D: 0.15µg (1.02%)