



## Julienne Vegetable-Stuffed Chicken with Ginger-Hoisin Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

SIDE DISH

### Ingredients

- 2 cups matchstick-cut carrot
- 1.5 teaspoons sesame oil dark
- 1 tablespoon ginger fresh minced peeled
- 2 teaspoons ginger fresh minced peeled
- 3 garlic cloves minced
- 1 tablespoon green onions finely chopped
- 2 teaspoons hoisin sauce

- 5 teaspoons hoisin sauce
- 2 teaspoons honey
- 1 tablespoon soya sauce low-sodium
- 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- 1 cup bell pepper red cut into 1/4-inch strips
- 1 tablespoon seasoned rice vinegar
- 24 ounce chicken breast halves boneless skinless
- 3 quarts water
- 2 cups matchstick-cut zucchini

## Equipment

- bowl
- frying pan
- pot
- plastic wrap
- meat tenderizer

## Directions

- To prepare chicken, heat oil in a large nonstick skillet over medium-high heat.
- Add ginger and garlic; saut 15 seconds.
- Add carrot, zucchini, and bell pepper; saut 3 minutes or until crisp-tender.
- Add soy sauce and hoisin sauce; saut 30 seconds.
- Place carrot mixture in a bowl; cool 5 minutes. Stir in panko.
- Slice each breast half lengthwise, cutting to, but not through, other side. Open halves, laying breast flat.
- Place each breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- Divide carrot mixture into 4 equal portions; spoon each portion down center of each breast half, leaving a 1/2-inch border at each end. Fold breast sides over filling.

- Place a 2-foot-long sheet of heavy-duty plastic wrap on a work surface with 1 long side hanging over the counter's edge 2 inches.
- Place a stuffed breast half, seam side down, on the end farthest from you; tightly roll the chicken toward you, jelly-roll fashion. Twist the ends in opposite directions to form a cylinder. Tie plastic wrap in tight knots against the chicken on each end. Trim off excess wrap close to the knot.
- Place a second 2-foot-long sheet of heavy-duty plastic wrap on the work surface; place rolled chicken on wrap, and repeat procedure. Repeat with remaining chicken breast halves.
- Bring 3 quarts of water to a boil in a large stockpot; add chicken. Simmer 15 minutes (do not boil), turning occasionally.
- Remove from water, and let stand 10 minutes before unwrapping and cutting into 1/2-inch-thick slices.
- To prepare sauce, combine onions and remaining ingredients in a small bowl.
- Serve with chicken.

## Nutrition Facts

**PROTEIN 52.12%** **FAT 20.53%** **CARBS 27.35%**

### Properties

Glycemic Index:72.03, Glycemic Load:4.5, Inflammation Score:-10, Nutrition Score:31.457390945891%

### Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

### Nutrients (% of daily need)

Calories: 303.52kcal (15.18%), Fat: 6.85g (10.54%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 20.54g (6.85%), Net Carbohydrates: 16.81g (6.11%), Sugar: 11.29g (12.55%), Cholesterol: 109.07mg (36.36%), Sodium: 569.46mg (24.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.15g (78.3%), Vitamin A: 12048.74IU (240.97%), Vitamin B3: 19.44mg (97.2%), Vitamin B6: 1.62mg (81.06%), Selenium: 56.14µg (80.2%), Vitamin C: 65.76mg (79.71%), Phosphorus: 433.57mg (43.36%), Potassium: 1130.81mg (32.31%), Vitamin B5: 2.9mg (29.04%), Magnesium: 82.84mg (20.71%), Vitamin B2: 0.34mg (20.18%), Manganese: 0.39mg (19.45%), Vitamin B1: 0.24mg (16.22%), Vitamin K: 16.91µg (16.11%), Fiber: 3.74g (14.94%), Folate: 59.76µg (14.94%), Copper: 0.26mg (13.18%), Zinc: 1.66mg (11.07%), Vitamin E: 1.49mg (9.9%), Iron: 1.61mg (8.94%), Calcium: 79.79mg (7.98%), Vitamin B12: 0.35µg (5.89%), Vitamin D: 0.17µg (1.13%)