



Kickin' Chicken Stir Fry

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups broccoli florets
- ☐ 1 tablespoon butter
- ☐ 1 chicken breast half diced boneless skinless
- ☐ 1 teaspoon basil dried
- ☐ 2 garlic cloves minced
- ☐ 1 cup bell pepper diced green
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 1 teaspoon ground pepper white

- ☐ 1 pinch ground tumeric
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup onion diced
- ☐ 1 cup bell pepper diced red
- ☐ 3 chiles dried red
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sesame oil
- ☐ 2 tablespoons soya sauce divided
- ☐ 4 cups water
- ☐ 2 cups rice white uncooked

Equipment

- ☐ frying pan
- ☐ pot
- ☐ wok

Directions

- ☐ Combine water, salt, 2 tablespoons butter, and red chili peppers in a pot over medium-high heat. Bring to a boil.
- ☐ Stir in rice, cover, and lower heat to medium. Cook until rice is tender, 15 to 20 minutes, stirring occasionally.
- ☐ Heat sesame oil in a skillet or wok over medium heat. Cook and stir garlic until fragrant, about 1 minute; pour in half the soy sauce.
- ☐ Cook and stir chicken, basil, white pepper, dry mustard, and turmeric with garlic until chicken is browned, no longer pink in the center, and juices run clear, 5 to 8 minutes.
- ☐ Mix remaining soy sauce into chicken mixture.
- ☐ Cook and stir 1 tablespoon butter with broccoli, green pepper, red pepper, and onion in a separate skillet until tender, about 10 minutes. Stir lemon juice into vegetables.
- ☐ Toss vegetables with chicken.

Nutrition Facts



Properties

Glycemic Index:65.55, Glycemic Load:46.15, Inflammation Score:-9, Nutrition Score:25.323912988538%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 2.26mg, Luteolin: 2.26mg, Luteolin: 2.26mg, Luteolin: 2.26mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 507.35kcal (25.37%), Fat: 8.89g (13.68%), Saturated Fat: 2.89g (18.09%), Carbohydrates: 83.96g (27.99%), Net Carbohydrates: 79.64g (28.96%), Sugar: 4.38g (4.86%), Cholesterol: 43.69mg (14.56%), Sodium: 768.12mg (33.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.75g (43.51%), Vitamin C: 111.43mg (135.06%), Manganese: 1.33mg (66.36%), Selenium: 33.92µg (48.45%), Vitamin B6: 0.9mg (44.8%), Vitamin K: 45.13µg (42.98%), Vitamin B3: 8.59mg (42.93%), Vitamin A: 1723.01IU (34.46%), Phosphorus: 289.72mg (28.97%), Vitamin B5: 2.17mg (21.74%), Potassium: 639.93mg (18.28%), Fiber: 4.32g (17.28%), Copper: 0.34mg (17.07%), Magnesium: 65.2mg (16.3%), Folate: 59.27µg (14.82%), Vitamin B2: 0.21mg (12.64%), Vitamin B1: 0.19mg (12.48%), Zinc: 1.78mg (11.86%), Iron: 2.12mg (11.79%), Vitamin E: 1.39mg (9.27%), Calcium: 76.12mg (7.61%), Vitamin B12: 0.12µg (1.98%)