



Lemon Chicken Stir-Fry

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz capellini uncooked (angel hair)
- ☐ 1 tablespoon vegetable oil
- ☐ 1 lb chicken tenderloins boneless skinless cut into 1-inch pieces (not breaded)
- ☐ 1 medium onion cut into 8 wedges
- ☐ 2 cups cauliflower florets
- ☐ 0.5 cup sugar snap peas
- ☐ 1 cup chicken broth (from 32-oz carton)
- ☐ 1 tablespoon thyme leaves dried fresh chopped

- ☐ 1 teaspoon lemon zest grated
- ☐ 4 teaspoons cornstarch
- ☐ 1.5 teaspoons lemon pepper
- ☐ 1 cup grape tomatoes cut in half

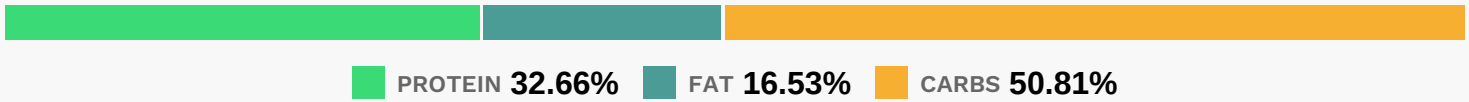
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ While pasta is cooking, heat oil in 12-inch skillet over medium-high heat.
- ☐ Add chicken and onion; stir-fry 5 to 6 minutes or until chicken is brown.
- ☐ Add broccoli and peas to chicken mixture. Cook over medium-high heat 4 to 5 minutes, stirring frequently, until vegetables are crisp-tender.
- ☐ Stir together broth, thyme, lemon peel, cornstarch and lemon pepper in small bowl; stir into chicken mixture. Cook over medium-high heat 1 to 2 minutes or until sauce is thickened and vegetables are coated.
- ☐ Stir in tomatoes; cook until thoroughly heated.
- ☐ Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:18.62, Inflammation Score:-9, Nutrition Score:25.104347550351%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.06mg, Myricetin: 0.06mg,

Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 420.06kcal (21%), Fat: 7.64g (11.75%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 52.84g (17.61%), Net Carbohydrates: 48.28g (17.56%), Sugar: 5.38g (5.98%), Cholesterol: 73.75mg (24.58%), Sodium: 371.88mg (16.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.97g (67.93%), Selenium: 72.98µg (104.25%), Vitamin B3: 13.54mg (67.71%), Vitamin B6: 1.11mg (55.67%), Vitamin C: 43.4mg (52.6%), Manganese: 0.88mg (43.8%), Phosphorus: 396.41mg (39.64%), Potassium: 880.5mg (25.16%), Vitamin B5: 2.38mg (23.77%), Vitamin K: 21.63µg (20.6%), Magnesium: 81.63mg (20.41%), Fiber: 4.55g (18.21%), Folate: 60.18µg (15.04%), Vitamin B2: 0.25mg (14.49%), Copper: 0.29mg (14.32%), Vitamin B1: 0.21mg (13.85%), Iron: 2.21mg (12.3%), Zinc: 1.82mg (12.13%), Vitamin A: 566.69IU (11.33%), Vitamin E: 0.88mg (5.89%), Calcium: 57.36mg (5.74%), Vitamin B12: 0.24µg (3.98%)