



Lemon-Chicken Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon jalapeño chilies fresh minced
- ☐ 1 tablespoon cornstarch
- ☐ 3 cups fat-skimmed chicken broth
- ☐ 0.3 cup green onions chopped (including tops)
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.3 pound edible pea pods
- ☐ 0.5 lb bell pepper red

- ☐ 2 cups precooked rice dried white
- ☐ 1 pound boned

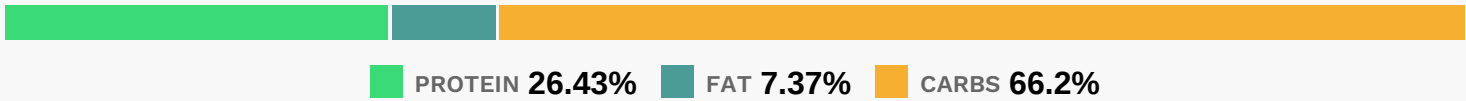
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Rinse, stem, and seed bell pepper, then cut into 1/4-inch-wide strips.
- ☐ Remove and discard stem ends and strings from pea pods. Rinse pods and cut in half crosswise.
- ☐ Put rice in a wide 3- to 4-quart bowl.
- ☐ Rinse chicken breasts and cut into 1-inch chunks.
- ☐ In a 10- to 12-inch nonstick frying pan over high heat, bring 2 cups broth to a boil.
- ☐ Pour over rice, cover, and let stand until liquid is absorbed and rice is tender to bite, about 7 minutes. Fluff with a fork.
- ☐ Meanwhile, return pan to heat.
- ☐ Add chicken and stir until surface is no longer pink, 1 to 2 minutes.
- ☐ Add bell pepper, pea pods, chilies, and lemon peel. Stir just until chicken is no longer pink in center of thickest part (cut to test), about 5 minutes.
- ☐ Blend cornstarch and remaining broth until smooth. Stir into pan and continue stirring until mixture boils, about 1 minute.
- ☐ Add lemon juice.
- ☐ Pour chicken over rice.
- ☐ Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:42.55, Glycemic Load:45.44, Inflammation Score:-9, Nutrition Score:29.686956726986%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 513.83kcal (25.69%), Fat: 4.12g (6.33%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 83.12g (27.71%), Net Carbohydrates: 79.57g (28.94%), Sugar: 4.48g (4.98%), Cholesterol: 72.57mg (24.19%), Sodium: 837.57mg (36.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.18g (66.37%), Vitamin C: 102.35mg (124.06%), Selenium: 54.39µg (77.69%), Vitamin B3: 15.07mg (75.37%), Vitamin B6: 1.26mg (63.2%), Manganese: 1.19mg (59.69%), Vitamin A: 2216.64IU (44.33%), Phosphorus: 397.97mg (39.8%), Vitamin B5: 3.18mg (31.77%), Potassium: 792.87mg (22.65%), Vitamin K: 23.65µg (22.52%), Magnesium: 70.77mg (17.69%), Vitamin B2: 0.28mg (16.23%), Copper: 0.31mg (15.61%), Vitamin B1: 0.23mg (15.41%), Folate: 58.18µg (14.55%), Fiber: 3.55g (14.19%), Iron: 2.39mg (13.28%), Zinc: 1.96mg (13.07%), Vitamin B12: 0.57µg (9.45%), Vitamin E: 1.4mg (9.33%), Calcium: 62.06mg (6.21%)