



Lotus Root and Chicken Stir-Fry

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



2

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 300 g chicken pieces boneless sliced
- ☐ 3 cloves garlic – or finely minced pressed
- ☐ 1 Tbs soya sauce light
- ☐ 200 g segent lotus root peeled thinly sliced
- ☐ 1 chili red sliced
- ☐ 1 dash pepper powder white
- ☐ 1 tsp sesame oil for garnishing (more)
- ☐ 1 Tbs rice wine

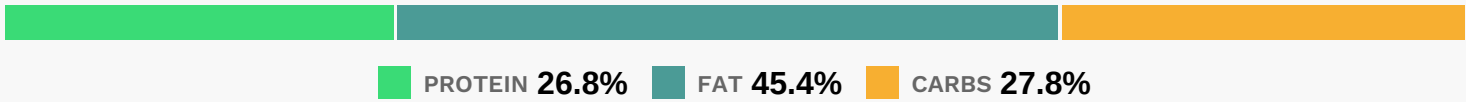
- ☐ 1 tsp soya sauce dark
- ☐ 1 stalk spring onion – white green separated sliced
- ☐ 1 tsp sugar
- ☐ 0.3 cup water

Equipment

Directions

- ☐ Combine chicken and all ingredients for marinade.
- ☐ Mix and leave to stand for at least 10 mins.

Nutrition Facts



Properties

Glycemic Index:103.55, Glycemic Load:2.8, Inflammation Score:-7, Nutrition Score:20.44826066494%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 357.63kcal (17.88%), Fat: 17.87g (27.5%), Saturated Fat: 4.77g (29.78%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 18.91g (6.87%), Sugar: 3.68g (4.09%), Cholesterol: 76.5mg (25.5%), Sodium: 787.14mg (34.22%), Alcohol: 1.21g (100%), Alcohol %: 0.53% (100%), Protein: 23.74g (47.48%), Vitamin C: 80.6mg (97.7%), Vitamin B3: 8.16mg (40.78%), Vitamin B6: 0.81mg (40.64%), Phosphorus: 285.65mg (28.57%), Potassium: 883.56mg (25.24%), Manganese: 0.49mg (24.44%), Selenium: 16.4µg (23.44%), Vitamin B2: 0.39mg (22.99%), Fiber: 5.72g (22.86%), Copper: 0.38mg (18.99%), Vitamin B1: 0.26mg (17.13%), Vitamin K: 17.48µg (16.65%), Iron: 2.84mg (15.78%), Vitamin B5: 1.43mg (14.27%), Magnesium: 56.9mg (14.22%), Zinc: 1.92mg (12.81%), Vitamin A: 417.23IU (8.34%), Calcium: 76.84mg (7.68%), Folate: 30.48µg (7.62%), Vitamin B12: 0.32µg (5.27%), Vitamin E: 0.53mg (3.53%), Vitamin D: 0.2µg (1.36%)