



Moo Shu Chicken with Vegetables

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups very thinly pre cabbage green
- ☐ 1 cup carrots shredded
- ☐ 0.5 teaspoon chicken-flavored bouillon granules
- ☐ 1 teaspoon sesame oil dark divided
- ☐ 6 6-inch flour tortillas fat-free ()
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons hoisin sauce
- ☐ 1.5 teaspoons juice of lemon fresh

- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 1.5 cups mushrooms chopped
- ☐ 1 tablespoon orange marmalade
- ☐ 1 teaspoon oyster sauce
- ☐ 0.5 pound chicken breast boneless skinless cut into bite-sized pieces
- ☐ 2 tablespoons water
- ☐ 1 cup zucchini shredded

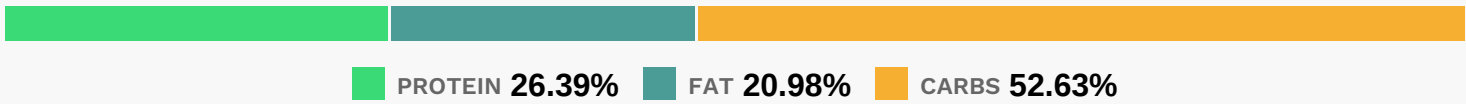
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine 1/2 teaspoon oil, hoisin, and next 7 ingredients (hoisin through garlic), stirring well with a whisk.
- ☐ Heat 1/2 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; saut 4 minutes or until done.
- ☐ Add hoisin mixture to pan; cook 1 minute, stirring frequently.
- ☐ Add mushrooms, cabbage, carrot, and zucchini; cook 3 minutes, stirring occasionally.
- ☐ Warm tortillas according to package directions. Spoon about 1/2 cup chicken mixture down center of each tortilla; roll up.

Nutrition Facts



Properties

Glycemic Index:33.64, Glycemic Load:5.9, Inflammation Score:-10, Nutrition Score:15.441304354564%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin:

0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 195.03kcal (9.75%), Fat: 4.59g (7.05%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 25.88g (8.63%), Net Carbohydrates: 23.03g (8.37%), Sugar: 7.97g (8.85%), Cholesterol: 24.45mg (8.15%), Sodium: 772.28mg (33.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.98g (25.95%), Vitamin A: 3636.44IU (72.73%), Vitamin B3: 6.69mg (33.44%), Selenium: 21.5µg (30.71%), Vitamin B6: 0.44mg (21.8%), Phosphorus: 199.5mg (19.95%), Vitamin K: 19.38µg (18.46%), Vitamin B2: 0.3mg (17.52%), Manganese: 0.32mg (16.22%), Vitamin C: 13.16mg (15.95%), Vitamin B1: 0.23mg (15.59%), Folate: 56.46µg (14.11%), Potassium: 448.9mg (12.83%), Fiber: 2.85g (11.41%), Vitamin B5: 1.12mg (11.22%), Iron: 1.78mg (9.88%), Magnesium: 34.86mg (8.71%), Copper: 0.16mg (8.14%), Calcium: 71.75mg (7.17%), Zinc: 0.75mg (5%), Vitamin E: 0.34mg (2.24%), Vitamin B12: 0.09µg (1.5%)