



No-Tomatoes-Required Italian Seasoned Stir Fry

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound rotisserie chicken breast meat boneless skinless cut into cubes
- 0.3 cup chicken broth
- 2 tablespoons flour all-purpose
- 1 cup mushrooms fresh sliced
- 1 teaspoon garlic powder
- 0.3 cup salad dressing italian
- 1 small onion chopped

- 1 bell pepper red sliced
- 4 servings salt and pepper to taste
- 1 teaspoon vegetable oil
- 1 cup zucchini sliced

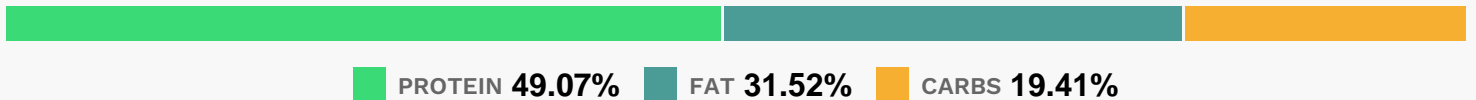
Equipment

- frying pan
- ziploc bags

Directions

- Mix flour, garlic powder, salt, and pepper together in a resealable plastic bag.
- Add cubed chicken to the bag and shake until well coated.
- Heat the oil in a large skillet over medium heat.
- Add the chicken; cook and stir until the chicken is no longer pink, about 5 minutes. Stir in the bell pepper, onion, zucchini, mushrooms, chicken broth, and Italian dressing. Cover and simmer until vegetables and meat are tender, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:3.1, Inflammation Score:-8, Nutrition Score:19.136087059975%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 216.77kcal (10.84%), Fat: 7.52g (11.57%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 8.78g (3.19%), Sugar: 4.92g (5.47%), Cholesterol: 72.87mg (24.29%), Sodium: 531.76mg (23.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.34g (52.69%), Vitamin B3: 13.42mg (67.12%), Selenium: 40.5µg (57.86%), Vitamin C: 46.86mg (56.8%), Vitamin B6: 1.06mg (52.79%), Phosphorus: 293.31mg (29.33%),

Vitamin B5: 2.18mg (21.78%), Vitamin A: 1033.42IU (20.67%), Potassium: 693.11mg (19.8%), Vitamin B2: 0.3mg (17.49%), Vitamin K: 13.4µg (12.76%), Vitamin B1: 0.17mg (11.25%), Magnesium: 44.83mg (11.21%), Folate: 40.28µg (10.07%), Manganese: 0.18mg (9.19%), Vitamin E: 1.16mg (7.7%), Copper: 0.15mg (7.49%), Zinc: 1.06mg (7.04%), Fiber: 1.64g (6.56%), Iron: 1.09mg (6.03%), Vitamin B12: 0.24µg (3.99%), Calcium: 21.23mg (2.12%), Vitamin D: 0.16µg (1.08%)