



Pat's Broccoli and Chicken Stir-Fry

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups broccoli florets pre-cooked
- ☐ 4 servings rice hot cooked for serving
- ☐ 0.5 tablespoon cornstarch
- ☐ 2 tablespoons ginger fresh peeled chopped
- ☐ 4 cloves garlic minced
- ☐ 4 green onions sliced
- ☐ 1 tablespoon brown sugar light
- ☐ 1 tablespoon orange juice

- ☐ 1 tablespoon vegetable oil; peanut oil preferred as needed plus more
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 tablespoon rice wine vinegar
- ☐ 0.5 tablespoon sesame oil
- ☐ 1 pound chicken thighs boneless skinless cut into 1/2-inch pieces
- ☐ 2 tablespoons soya sauce

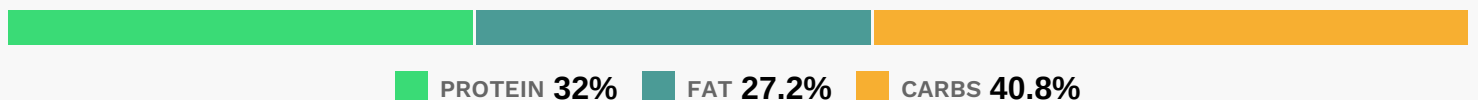
Equipment

- ☐ bowl
- ☐ whisk
- ☐ wok

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small bowl, whisk together the soy sauce, orange juice, light brown sugar, rice wine vinegar, cornstarch, sesame oil and red pepper flakes. Reserve.
- ☐ Set a wok over medium-high heat and coat with 1 tablespoon of the peanut oil. When the oil shimmers, add about half of the chicken thigh pieces. Stir-fry until the chicken is fully cooked through, 3 to 4 minutes.
- ☐ Transfer to a plate and repeat the process with the remaining chicken thighs.
- ☐ Add enough peanut oil to the hot wok to coat the bottom.
- ☐ Add the ginger, garlic and green onions and stir-fry until fragrant, about 1 minute.
- ☐ Add the chicken back to the wok along with the broccoli florets and stir to warm through.
- ☐ Pour in the reserved sauce and stir until the sauce is thickened and bubbly, about 45 seconds.
- ☐ Transfer to a serving bowl and serve with rice.

Nutrition Facts



Properties

Glycemic Index:83.75, Glycemic Load:25.92, Inflammation Score:-8, Nutrition Score:26.531739317853%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.31mg, Kaempferol: 7.31mg, Kaempferol: 7.31mg, Kaempferol: 7.31mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 350.05kcal (17.5%), Fat: 10.59g (16.29%), Saturated Fat: 2.19g (13.72%), Carbohydrates: 35.72g (11.91%), Net Carbohydrates: 32.41g (11.79%), Sugar: 5.4g (5.99%), Cholesterol: 107.73mg (35.91%), Sodium: 642.52mg (27.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.02g (56.04%), Vitamin K: 121.53µg (115.75%), Vitamin C: 86.67mg (105.05%), Selenium: 34.56µg (49.37%), Vitamin B6: 0.81mg (40.68%), Vitamin B3: 7.75mg (38.73%), Manganese: 0.71mg (35.7%), Phosphorus: 329.89mg (32.99%), Vitamin B5: 2.27mg (22.72%), Vitamin B2: 0.35mg (20.52%), Potassium: 689.27mg (19.69%), Folate: 75.39µg (18.85%), Zinc: 2.63mg (17.54%), Magnesium: 64.11mg (16.03%), Vitamin A: 796.68IU (15.93%), Vitamin B1: 0.21mg (13.71%), Fiber: 3.3g (13.21%), Iron: 2.27mg (12.63%), Vitamin B12: 0.73µg (12.1%), Vitamin E: 1.69mg (11.29%), Copper: 0.21mg (10.41%), Calcium: 81.35mg (8.13%)