



Peanutty Stir-Fry Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



20

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup lite catalina dressing kraft
- 0.5 cup planters cocktail peanuts chopped
- 8 oz torn salad greens mixed
- 0.8 lb chicken breasts boneless skinless cut into strips
- 2 Tbsp lite soy sauce
- 4 cups cut-up vegetables fresh green assorted (peppers, mushrooms, onions, broccoli, zucchini)

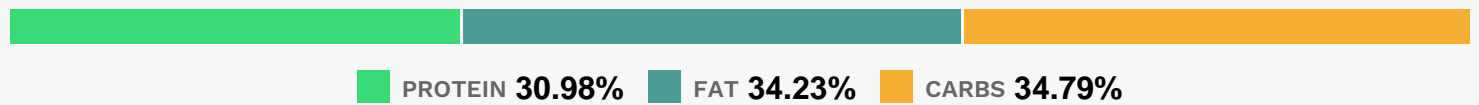
Equipment

- frying pan

Directions

- Heat dressing in large nonstick skillet on medium-high heat.
- Add vegetables; stir-fry 3 min.
- Add chicken; stir-fry 5 min. or until done.
- Add nuts and soy sauce; stir-fry 2 min. or until vegetables are crisp-tender and mixture is heated through.
- Serve over salad greens.

Nutrition Facts



Properties

Glycemic Index:3.71, Glycemic Load:1.6, Inflammation Score:-8, Nutrition Score:6.469565310475%

Nutrients (% of daily need)

Calories: 75.57kcal (3.78%), Fat: 3g (4.62%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 5.04g (1.83%), Sugar: 0.86g (0.95%), Cholesterol: 10.89mg (3.63%), Sodium: 179.73mg (7.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.22%), Vitamin A: 1982.32IU (39.65%), Vitamin B3: 2.94mg (14.72%), Manganese: 0.21mg (10.67%), Vitamin B6: 0.19mg (9.39%), Selenium: 5.91µg (8.44%), Vitamin C: 6.62mg (8.02%), Phosphorus: 78.12mg (7.81%), Fiber: 1.82g (7.27%), Folate: 24.52µg (6.13%), Vitamin B1: 0.08mg (5.63%), Magnesium: 21.99mg (5.5%), Potassium: 190.58mg (5.45%), Copper: 0.08mg (3.97%), Vitamin B5: 0.39mg (3.87%), Iron: 0.67mg (3.7%), Vitamin B2: 0.06mg (3.6%), Zinc: 0.37mg (2.48%), Calcium: 15.65mg (1.57%)