

## Quick Chick

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

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**113 kcal**

SIDE DISH

## Ingredients

- 4.5 ounce mushrooms with liquid canned
- 1 cup celery chopped
- 2 onions separated sliced
- 2 chicken breast halves boneless skinless cut into 1 inch pieces
- 2 tablespoons soya sauce
- 1 teaspoon vegetable oil

## Equipment

- frying pan

# Directions

- Heat oil in a medium skillet over medium high heat.
- Saute chicken until all sides are well browned, then stir in the celery, onions, mushrooms with liquid and soy sauce. Cover skillet and bring to a boil; reduce heat to low and simmer for about 15 minutes or until celery is tender and chicken is cooked through.

# Nutrition Facts



# Properties

Glycemic Index:18.5, Glycemic Load:1.31, Inflammation Score:-5, Nutrition Score:9.5269565089889%

# Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg

# Nutrients (% of daily need)

Calories: 113.26kcal (5.66%), Fat: 2.79g (4.29%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 5.84g (2.12%), Sugar: 3.57g (3.97%), Cholesterol: 36.16mg (12.05%), Sodium: 726.23mg (31.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.63%), Vitamin B3: 6.9mg (34.51%), Selenium: 19.84µg (28.34%), Vitamin B6: 0.55mg (27.27%), Phosphorus: 173.41mg (17.34%), Vitamin B5: 1.23mg (12.27%), Potassium: 415.22mg (11.86%), Vitamin K: 9.8µg (9.33%), Manganese: 0.18mg (8.89%), Fiber: 2.18g (8.71%), Magnesium: 31.35mg (7.84%), Folate: 27.25µg (6.81%), Vitamin C: 5.53mg (6.7%), Copper: 0.13mg (6.63%), Vitamin B1: 0.1mg (6.61%), Vitamin B2: 0.11mg (6.24%), Zinc: 0.72mg (4.82%), Iron: 0.84mg (4.67%), Calcium: 30.88mg (3.09%), Vitamin A: 131.42IU (2.63%), Vitamin E: 0.28mg (1.88%), Vitamin B12: 0.11µg (1.88%)