



Quick Chicken Stir-fry

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

READY IN



30 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 2 cups d matchstick carrots
- 14 oz chicken broth reduced-sodium canned
- 1 Tbsp chili-garlic paste
- 6 servings rice hot cooked
- 2 tablespoons cornstarch
- 1 tablespoon ginger fresh grated
- 1 bell pepper green cut into slices

- 2 green onions sliced
- 1 bell pepper red cut into slices
- 2 tablespoons lite soy sauce
- 2 tablespoons vegetable oil
- 4 pilgrim's pride boneless skinless

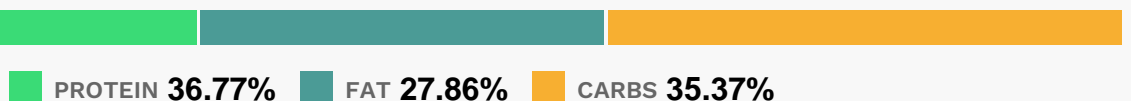
Equipment

- bowl
- frying pan
- whisk
- wok

Directions

- Cut chicken into 1/4-inch-thick strips; place in a shallow dish.
- Whisk together chicken broth and next 5 ingredients in a small bowl.
- Pour half of broth mixture over chicken, reserving remaining broth mixture. Turn chicken to coat, and let stand 30 minutes.
- Heat 2 Tbsp. oil in a wok or large skillet over medium-high heat 2 minutes.
- Remove chicken from marinade, discarding marinade.
- Add chicken to wok, and stir-fry 3 to 5 minutes or until lightly browned.
- Add carrots, bell peppers, and green onions, and stir-fry 3 to 4 minutes.
- Add reserved broth mixture, and cook 1 minute or until thickened.
- Serve over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:48.31, Glycemic Load:25.94, Inflammation Score:-10, Nutrition Score:24.360434653966%

Flavonoids

Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 404.95kcal (20.25%), Fat: 12.3g (18.92%), Saturated Fat: 2.71g (16.95%), Carbohydrates: 35.1g (11.7%), Net Carbohydrates: 32.6g (11.85%), Sugar: 5.55g (6.17%), Cholesterol: 81.29mg (27.1%), Sodium: 775.02mg (33.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.51g (73.02%), Vitamin A: 8002.05IU (160.04%), Selenium: 42.8µg (61.14%), Vitamin C: 46.34mg (56.17%), Vitamin B3: 10.76mg (53.78%), Vitamin B6: 0.97mg (48.63%), Phosphorus: 331.36mg (33.14%), Manganese: 0.58mg (28.76%), Vitamin K: 26.4µg (25.15%), Potassium: 662.05mg (18.92%), Zinc: 2.73mg (18.21%), Vitamin B5: 1.63mg (16.26%), Magnesium: 55.71mg (13.93%), Vitamin B12: 0.81µg (13.54%), Vitamin B2: 0.21mg (12.61%), Iron: 1.86mg (10.31%), Fiber: 2.52g (10.06%), Vitamin E: 1.45mg (9.68%), Copper: 0.17mg (8.37%), Vitamin B1: 0.13mg (8.35%), Folate: 29.78µg (7.45%), Calcium: 48.88mg (4.89%)