



Salt and Pepper Chicken Stir Fry

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

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon five spice powder chinese
- 1 pound broccoli florets cut in half
- 3 small carrots peeled cut into matchstick-sized pieces
- 1 teaspoon paprika
- 2 teaspoons pepper black finely
- 1 teaspoon pepper red crushed to taste
- 1 tablespoon sea salt flaked
- 4 chicken breast halves boneless skinless trimmed cut into quarters

1 tablespoon vegetable oil

Equipment

bowl

frying pan

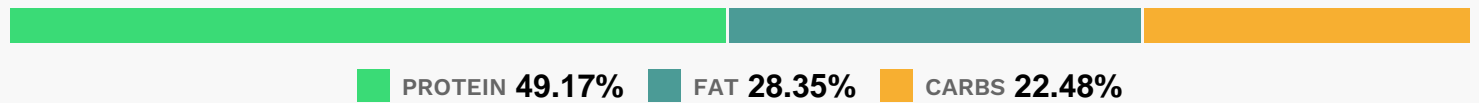
wok

Directions

Stir together the sea salt, black pepper, red pepper flakes, five-spice powder, and paprika in a shallow bowl until blended.

Heat vegetable oil in a large skillet or wok over medium heat. Gently press both sides of the chicken pieces into the seasoning mix, and place into the hot skillet. Cook, stirring occasionally to flip the chicken pieces over, until the chicken is browned on both sides and the meat is no longer pink in the center, about 10 minutes. Stir in the broccoli and carrots, and cook and stir until the vegetables are tender, 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:32.71, Glycemic Load:2.81, Inflammation Score:-10, Nutrition Score:31.470434831536%

Flavonoids

Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 8.98mg, Kaempferol: 8.98mg, Kaempferol: 8.98mg, Kaempferol: 8.98mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 221.51kcal (11.08%), Fat: 7.16g (11.02%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 8.03g (2.92%), Sugar: 3.8g (4.22%), Cholesterol: 72.32mg (24.11%), Sodium: 1947.39mg (84.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.95g (55.91%), Vitamin A: 7408.22IU (148.16%), Vitamin C: 104.94mg (127.2%), Vitamin K: 129.66µg (123.49%), Vitamin B3: 13.03mg (65.15%), Vitamin B6: 1.13mg (56.36%), Selenium: 39.27µg (56.1%), Phosphorus: 334.32mg (33.43%), Potassium: 945.65mg (27.02%), Manganese: 0.48mg (24.01%), Vitamin B5: 2.4mg (24.01%), Folate: 83.74µg (20.94%), Fiber: 4.75g (18.98%), Vitamin B2: 0.28mg (16.65%), Magnesium: 62.78mg (15.7%), Vitamin E: 1.97mg (13.14%), Vitamin B1: 0.19mg (12.33%), Iron: 2.03mg

(11.29%), Zinc: 1.32mg (8.82%), Calcium: 86.09mg (8.61%), Copper: 0.14mg (6.76%), Vitamin B12: 0.23µg (3.77%)