



Sesame Chicken Stir-Fry with Mushrooms

 Gluten Free  Dairy Free

READY IN



32 min.

SERVINGS



4

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup chicken broth (from 32-ounce carton)
- 1 tablespoon cornstarch
- 3 tablespoons hoisin sauce
- 2 tablespoons soya sauce
- 1 tablespoon juice of lemon
- 1 teaspoon sesame oil
- 1 tablespoon vegetable oil
- 1 pound chicken thighs boneless skinless cut into bite-size pieces

- 2 garlic clove finely chopped
- 2 teaspoons vegetable oil
- 1.5 cups to 3 sized squashes yellow
- 6 ounces mushrooms fresh cut in half (2 cups)
- 1.5 cups snow peas chinese ()
- 1 small onion cut into thin wedges
- 1 serving rice hot cooked
- 2 tablespoons sesame seed toasted

Equipment

- frying pan
- wok

Directions

- Mix broth, cornstarch, hoisin sauce, soy sauce, lemon juice and sesame oil.
- Heat wok or 12-inch skillet over medium-high heat.
- Add 1 tablespoon vegetable oil; rotate wok to coat side.
- Add chicken and garlic; stir-fry about 5 minutes or until chicken is no longer pink in center.
- Remove chicken from skillet.
- Add 2 teaspoons vegetable oil; rotate wok to coat side.
- Add squash, mushrooms, pea pods and onion; stir-fry 7 to 9 minutes or until vegetables are crisp-tender.
- Stir in broth mixture. Cook and stir about 1 minute or until thickened. Stir in chicken; cook, stirring constantly, until hot.
- Serve over noodles.
- Sprinkle with sesame seed.

Nutrition Facts

 PROTEIN 33.95%  FAT 38.9%  CARBS 27.15%

Properties

Glycemic Index:70, Glycemic Load:7.32, Inflammation Score:-7, Nutrition Score:21.596086826013%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 326.02kcal (16.3%), Fat: 14.19g (21.83%), Saturated Fat: 2.6g (16.28%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 19.12g (6.95%), Sugar: 7.74g (8.6%), Cholesterol: 108.97mg (36.32%), Sodium: 967.79mg (42.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.87g (55.74%), Selenium: 33.61µg (48.01%), Vitamin B3: 9.18mg (45.91%), Vitamin B6: 0.82mg (40.84%), Vitamin C: 33.41mg (40.5%), Phosphorus: 343.81mg (34.38%), Vitamin B2: 0.55mg (32.14%), Manganese: 0.54mg (26.92%), Vitamin B5: 2.5mg (24.99%), Copper: 0.47mg (23.67%), Vitamin K: 24.43µg (23.27%), Potassium: 699.99mg (20%), Vitamin B1: 0.27mg (18.3%), Zinc: 2.73mg (18.21%), Magnesium: 71.67mg (17.92%), Iron: 3.1mg (17.2%), Folate: 52.46µg (13.12%), Fiber: 3.16g (12.66%), Vitamin B12: 0.75µg (12.53%), Vitamin A: 514.11IU (10.28%), Calcium: 89.02mg (8.9%), Vitamin E: 0.96mg (6.39%)