



Sesame-Pineapple Chicken Stir-Fry

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup asian sesame dressing toasted kraft
- 3 cloves garlic minced
- 2 slices green onions thin
- 1 Tbsp oil
- 2 cups pineapple chunks fresh (1 inch)
- 1 large bell pepper red cut into 1-inch pieces
- 1 lb chicken thighs boneless skinless cut into bite-size pieces
- 1 Tbsp lite soy sauce

2 cups sugar snap peas trimmed

Equipment

frying pan

wok

Directions

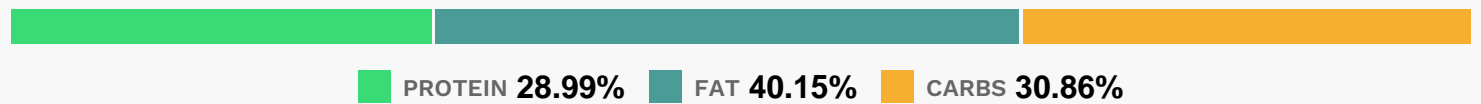
Heat oil in wok or large skillet on medium-high heat.

Add chicken, peas, peppers and garlic; stir-fry 4 to 5 min. or until chicken is done.

Add pineapple; stir-fry 2 min. or until heated through. Stir in combined dressing and soy sauce.

Remove from heat; stir in onions.

Nutrition Facts



Properties

Glycemic Index:4.36, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:3.7326087433359%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 54.97kcal (2.75%), Fat: 2.49g (3.84%), Saturated Fat: 0.39g (2.45%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 3.68g (1.34%), Sugar: 3.51g (3.9%), Cholesterol: 17.24mg (5.75%), Sodium: 82.21mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.11%), Vitamin C: 15.01mg (18.19%), Vitamin B6: 0.13mg (6.63%), Selenium: 4.34µg (6.19%), Vitamin A: 306.16IU (6.12%), Vitamin B3: 1.21mg (6.05%), Vitamin K: 4.91µg (4.68%), Phosphorus: 43.56mg (4.36%), Vitamin B1: 0.05mg (3.48%), Vitamin B5: 0.3mg (3.02%), Potassium: 104.56mg (2.99%), Vitamin B2: 0.05mg (2.91%), Vitamin E: 0.39mg (2.63%), Magnesium: 10.07mg (2.52%), Fiber: 0.63g (2.51%), Iron: 0.43mg (2.38%), Zinc: 0.34mg (2.28%), Folate: 8.17µg (2.04%), Copper: 0.04mg (1.99%), Manganese: 0.04mg (1.96%), Vitamin B12: 0.12µg (1.94%)