

# Simple Stir Fry

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup butter
- 10.8 ounce cream of mushroom soup canned
- 1 teaspoon garlic salt
- 1 bell pepper green chopped
- 0.5 onion chopped
- 1 teaspoon paprika
- 4 servings seasoning salt to taste
- 1 pound chicken breast halves boneless skinless cut into bite size pieces

0.5 cup water

## Equipment

frying pan

## Directions

- Melt butter/margarine in a medium skillet over low heat.
- Add chicken, onion and green bell pepper and saute all over low heat for 4 to 6 minutes, stirring occasionally and turning chicken pieces. Season with paprika, garlic salt and seasoned salt to taste.
- Cover skillet and let cook until chicken is done and juices run clear, about 15 minutes. When chicken is cooked through add soup and water and let simmer, stirring. When liquid has reached the consistency of a sauce, the dish is done.

## Nutrition Facts

 **PROTEIN 39.14%**  **FAT 51.26%**  **CARBS 9.6%**

## Properties

Glycemic Index:25.5, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:16.210434633753%

## Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

## Nutrients (% of daily need)

Calories: 290.33kcal (14.52%), Fat: 16.4g (25.23%), Saturated Fat: 8.88g (55.52%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 5.84g (2.12%), Sugar: 1.36g (1.51%), Cholesterol: 106.89mg (35.63%), Sodium: 1541.37mg (67.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.18g (56.36%), Vitamin B3: 12.73mg (63.64%), Selenium: 36.53µg (52.19%), Vitamin B6: 0.97mg (48.7%), Vitamin C: 26.3mg (31.88%), Phosphorus: 275.14mg (27.51%), Vitamin B5: 1.84mg (18.35%), Potassium: 602.67mg (17.22%), Manganese: 0.31mg (15.48%), Vitamin A: 745.18IU (14.9%), Copper: 0.22mg (10.84%), Vitamin B2: 0.18mg (10.71%), Zinc: 1.6mg (10.65%), Magnesium: 40.66mg (10.16%), Vitamin B1: 0.11mg (7.56%), Iron: 1.2mg (6.66%), Vitamin B12: 0.37µg (6.21%), Vitamin E: 0.8mg (5.35%), Fiber: 1.07g (4.27%), Folate: 16.13µg (4.03%), Vitamin K: 3.88µg (3.69%), Calcium: 20.77mg (2.08%)