



Southwestern Chicken Stir-Fry



Gluten Free



Dairy Free



Low Fod Map

READY IN



29 min.

SERVINGS



4

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons juice of lime
- ☐ 2 teaspoons chili powder
- ☐ 1 pound chicken breast halves boneless skinless cut into 1/2-inch strips
- ☐ 1 small zucchini
- ☐ 1 small to 3 sized squashes yellow
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup picante sauce
- ☐ 2 tablespoons cilantro leaves fresh chopped

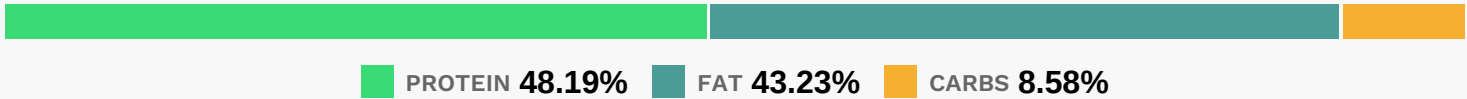
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Mix lime juice and chili powder in medium glass or plastic bowl; stir in chicken. Cover and refrigerate 15 minutes.
- ☐ Cut zucchini and yellow squash into thin slices.
- ☐ Heat 12-inch skillet or wok over high heat.
- ☐ Add 1 tablespoon of the oil; rotate skillet to coat side.
- ☐ Add chicken and marinade; stir-fry until chicken is no longer pink in center.
- ☐ Remove from skillet.
- ☐ Add remaining 1 tablespoon oil; rotate skillet to coat side.
- ☐ Add zucchini and yellow squash; stir-fry about 4 minutes or until vegetables are crisp-tender.
- ☐ Add chicken, picante sauce and cilantro; cook and stir until hot.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:15.575217516526%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 210.15kcal (10.51%), Fat: 10.07g (15.5%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 4.5g (1.5%), Net Carbohydrates: 3.11g (1.13%), Sugar: 2.41g (2.68%), Cholesterol: 72.57mg (24.19%), Sodium: 293.27mg (12.75%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.27g (50.54%), Vitamin B3: 12.48mg (62.38%), Selenium: 36.81µg (52.59%), Vitamin B6: 1.02mg (51.2%), Phosphorus: 271.64mg (27.16%), Potassium: 659.08mg (18.83%), Vitamin B5: 1.78mg (17.85%), Vitamin C: 14.38mg (17.43%), Vitamin K: 17.52µg (16.68%), Vitamin B2: 0.2mg (11.81%), Vitamin A: 569.77IU (11.4%), Magnesium: 45.2mg (11.3%), Vitamin E: 1.51mg (10.06%), Manganese: 0.16mg (8.23%), Vitamin B1: 0.11mg (7.47%), Zinc: 0.93mg (6.21%), Fiber: 1.39g (5.57%), Folate: 22.19µg (5.55%), Iron: 0.91mg (5.04%), Copper: 0.09mg (4.39%), Vitamin B12: 0.23µg (3.78%), Calcium: 25.37mg (2.54%)