



WHATSheATE



Speedy Chicken Stir-Fry



Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 lb angel hair pasta uncooked (capellini)
- ☐ 0.5 cup asian sesame dressing toasted kraft
- ☐ 2 cups broccoli florets
- ☐ 0.3 tsp ground ginger red crushed
- ☐ 0.3 cup planters roasted peanuts dry chopped
- ☐ 1 lb chicken breasts boneless skinless cut into thin strips
- ☐ 2 Tbsp lite soy sauce

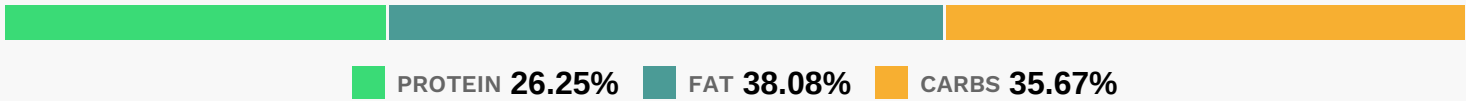
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook pasta in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last 3 min.
- ☐ Meanwhile, cook chicken in large nonstick skillet sprayed with cooking spray on medium-high heat 6 to 8 min. or until done, stirring occasionally. Stir in dressing, soy sauce and seasonings; cook 1 min., stirring occasionally.
- ☐ Drain pasta mixture; place in large bowl.
- ☐ Add chicken mixture; mix lightly.
- ☐ Serve topped with nuts.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:2.83, Inflammation Score:-2, Nutrition Score:4.5004347715041%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 91.63kcal (4.58%), Fat: 3.89g (5.99%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 7.49g (2.72%), Sugar: 0.91g (1.01%), Cholesterol: 11.61mg (3.87%), Sodium: 162.96mg (7.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.07%), Selenium: 12µg (17.15%), Vitamin B3: 2.44mg (12.2%), Vitamin K: 10.29µg (9.8%), Vitamin B6: 0.17mg (8.71%), Vitamin C: 6.71mg (8.14%), Manganese: 0.15mg (7.52%), Phosphorus: 71.09mg (7.11%), Potassium: 134.34mg (3.84%), Magnesium: 15.22mg (3.81%), Vitamin B5: 0.37mg (3.73%), Vitamin E: 0.46mg (3.05%), Fiber: 0.72g (2.86%), Folate: 9.15µg (2.29%), Copper: 0.05mg (2.27%), Vitamin B2: 0.04mg (2.26%), Zinc: 0.33mg (2.2%), Vitamin B1: 0.03mg (1.93%), Iron: 0.34mg (1.88%), Vitamin A: 58.53IU (1.17%)