



Spelt: Crunchy Chicken Stir-Fry

 Dairy Free

READY IN



87 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 cup carrots thinly sliced
- 2 garlic cloves minced
- 0.5 cup green onions sliced (1-inch)
- 3 tablespoons soya sauce low-sodium
- 0.3 cup onion fresh minced
- 0.5 cup bell pepper red cut into 1/2-inch strips
- 2 teaspoons sesame oil

- 1 pound chicken breasts boneless skinless cut into pieces
- 1 cup farro uncooked
- 1.5 tablespoons vegetable oil

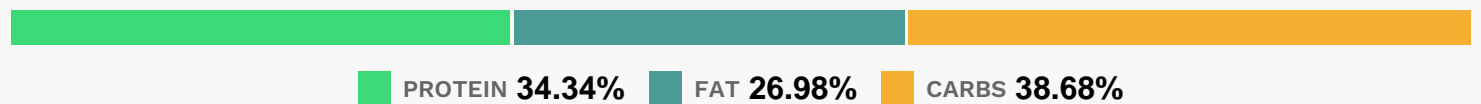
Equipment

- frying pan
- sauce pan

Directions

- Place spelt in a medium saucepan; cover with water to 2 inches above grain. Bring to a boil, reduce heat, and cook, uncovered, 1 hour or until tender.
- Drain and set aside.
- Heat oil in a large saut pan over medium-high heat.
- Add onion and garlic; cook 30 seconds.
- Add carrot, red pepper, and chicken; cook 5 minutes. Stir in spelt, sesame oil, and pepper; cook 2 minutes, stirring constantly.
- Remove from heat; stir in soy sauce and green onions.

Nutrition Facts



Properties

Glycemic Index:66.21, Glycemic Load:18.13, Inflammation Score:-10, Nutrition Score:28.693478065988%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 368.17kcal (18.41%), Fat: 11.27g (17.34%), Saturated Fat: 1.91g (11.97%), Carbohydrates: 36.37g (12.12%), Net Carbohydrates: 30.2g (10.98%), Sugar: 5.3g (5.89%), Cholesterol: 72.57mg (24.19%), Sodium: 581.51mg (25.28%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.29g (64.58%), Vitamin B3: 15.37mg (76.86%), Manganese: 1.5mg (74.95%), Vitamin A: 3420.81IU (68.42%), Selenium: 41.82µg (59.75%), Vitamin B6: 1.08mg (54.19%), Phosphorus: 453.15mg (45.31%), Vitamin K: 40.82µg (38.87%), Vitamin C: 29.7mg (36%), Magnesium: 105.38mg (26.35%), Fiber: 6.17g (24.67%), Vitamin B5: 2.26mg (22.56%), Potassium: 779.53mg (22.27%), Vitamin B1: 0.27mg (18.07%), Iron: 2.9mg (16.1%), Zinc: 2.35mg (15.67%), Copper: 0.29mg (14.56%), Vitamin B2: 0.23mg (13.6%), Folate: 50.99µg (12.75%), Vitamin E: 1.53mg (10.19%), Calcium: 42.72mg (4.27%), Vitamin B12: 0.23µg (3.78%)