



Spicy Apricot Chicken Stir-Fry

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



6

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 apricots drained chopped canned
- 1 pound chicken breast boneless skinless cut into strips
- 1 tablespoon cornstarch
- 1 tablespoon ginger fresh minced
- 0.5 teaspoon garlic powder
- 3 spring onion sliced
- 0.5 teaspoon onion powder
- 8 ounce pineapple chunks drained canned

- 0.5 teaspoon pepper red crushed
- 16 ounce savory vegetable frozen thawed
- 16 ounce savory vegetable frozen thawed
- 2 tablespoons soya sauce
- 2 tablespoons vegetable oil

Equipment

- bowl
- wok

Directions

- Stir together apricot juice, soy sauce, cornstarch, garlic powder, onion powder, and red pepper flakes in a small bowl until the cornstarch has dissolved; set aside.
- Heat vegetable oil in a wok over high heat. Stir in ginger, and cook until it begins turns golden brown, about 10 seconds.
- Add the chicken; cook and stir until the chicken turns white and begins to firm. Stir in the stir-fry vegetables, and continue cooking until the chicken is no longer pink in the center and the vegetables are hot.
- Stir in the apricots, pineapple chunks, and apricot juice mixture. Bring to a boil, stirring constantly; cook until the sauce thickens and clears, about 1 minute. Stir in green onion before serving.

Nutrition Facts



Properties

Glycemic Index:33.11, Glycemic Load:9.92, Inflammation Score:-10, Nutrition Score:23.755652137425%

Flavonoids

Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg Epicatechin: 4.15mg, Epicatechin: 4.15mg, Epicatechin: 4.15mg, Epicatechin: 4.15mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 301.1kcal (15.06%), Fat: 7.71g (11.87%), Saturated Fat: 1.3g (8.16%), Carbohydrates: 38.54g (12.85%), Net Carbohydrates: 29.91g (10.87%), Sugar: 13.77g (15.3%), Cholesterol: 48.38mg (16.13%), Sodium: 499.41mg (21.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.35g (46.7%), Vitamin A: 9513.87IU (190.28%), Vitamin B3: 10.71mg (53.55%), Vitamin B6: 0.81mg (40.67%), Vitamin C: 30.16mg (36.56%), Selenium: 25.28µg (36.12%), Fiber: 8.63g (34.54%), Phosphorus: 283.4mg (28.34%), Potassium: 915.79mg (26.17%), Manganese: 0.5mg (24.9%), Vitamin K: 24.25µg (23.09%), Vitamin B1: 0.31mg (20.47%), Magnesium: 75.13mg (18.78%), Vitamin B5: 1.57mg (15.68%), Vitamin B2: 0.26mg (15.5%), Folate: 61.96µg (15.49%), Copper: 0.29mg (14.5%), Iron: 2.46mg (13.66%), Zinc: 1.41mg (9.38%), Vitamin E: 1.4mg (9.35%), Calcium: 66.12mg (6.61%), Vitamin B12: 0.15µg (2.52%)