



Spicy Chicken Stir-Fry

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup asian sesame dressing divided toasted kraft
- 2 cups grain brown rice whole hot cooked
- 0.3 cup planters lightly cocktail peanuts salted
- 1 tsp pepper sauce hot
- 8 oz pineapple chunks in juice drained canned
- 16 oz stir-fry vegetables frozen thawed drained
- 1 lb chicken breasts boneless skinless cut into thin strips

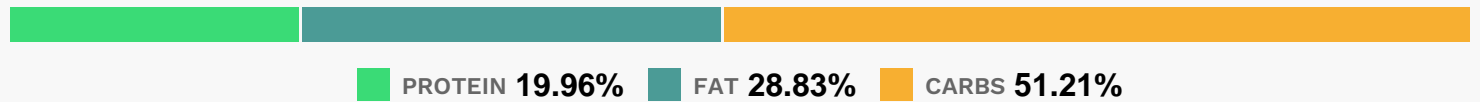
Equipment

frying pan

Directions

- Toss chicken with 1/4 cup dressing and hot sauce; set aside.
- Heat remaining dressing in large nonstick skillet on medium-high heat.
- Add vegetables; stir-fry 1 min.
- Add chicken mixture; stir-fry 4 to 5 min. or until chicken is done.
- Stir in pineapple and nuts; cook 5 min. or until heated through, stirring occasionally.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:2.37, Glycemic Load:0.79, Inflammation Score:-6, Nutrition Score:7.1391304157998%

Nutrients (% of daily need)

Calories: 122.99kcal (6.15%), Fat: 3.99g (6.14%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 15.95g (5.32%), Net Carbohydrates: 14.4g (5.24%), Sugar: 1.84g (2.04%), Cholesterol: 11.61mg (3.87%), Sodium: 86.1mg (3.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.43%), Manganese: 0.64mg (31.98%), Vitamin A: 933.43IU (18.67%), Vitamin B3: 3.13mg (15.66%), Selenium: 9.56µg (13.66%), Vitamin B6: 0.24mg (12.04%), Phosphorus: 106.26mg (10.63%), Magnesium: 34.35mg (8.59%), Vitamin B1: 0.11mg (7.48%), Fiber: 1.55g (6.2%), Vitamin B5: 0.54mg (5.35%), Potassium: 168.84mg (4.82%), Copper: 0.09mg (4.28%), Vitamin C: 3.1mg (3.76%), Zinc: 0.53mg (3.54%), Folate: 12.92µg (3.23%), Iron: 0.57mg (3.17%), Vitamin E: 0.46mg (3.09%), Vitamin K: 3.19µg (3.03%), Vitamin B2: 0.05mg (3.02%), Calcium: 12.81mg (1.28%)