



Spicy Chicken Stir-Fry

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

READY IN



30 min.

SERVINGS



4

CALORIES



795 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound broccoli florets fresh
- 1.5 cups chicken broth
- 4 servings rice hot cooked
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- 3 teaspoons cornstarch divided
- 1 garlic clove minced
- 0.5 teaspoon ground ginger

- 1.5 cups onion sliced
- 0.5 teaspoon pepper red crushed
- 1 pound chicken breast boneless skinless cut into cubes
- 2 tablespoons soya sauce divided
- 6 tablespoons vegetable oil divided
- 0.5 cup walnut pieces chopped

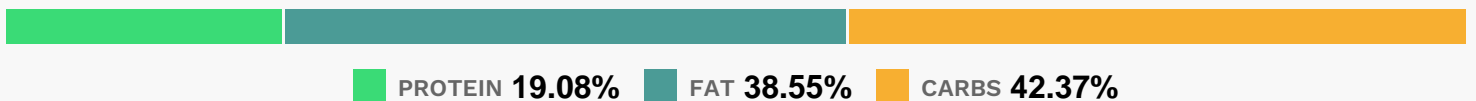
Equipment

- bowl
- frying pan
- wok

Directions

- In a large bowl, stir 1 tablespoon oil, 1 tablespoon soy sauce and 1 teaspoon cornstarch until smooth.
- Add chicken; toss to coat. Cover and refrigerate for 15 minutes.
- In a large skillet or wok, combine chicken and pepper flakes; stir-fry over medium-high heat in 2 tablespoons of oil for 5 minutes or until meat juices run clear.
- Remove and keep warm.
- Stir-fry the broccoli, onion and garlic in remaining oil for 5–8 minutes or until tender.
- In a small bowl, combine the broth, ginger and remaining soy sauce and cornstarch; stir until smooth.
- Add to the skillet; bring to a boil. Cook and stir for 2 minutes or until thickened.
- Add chicken and walnuts; heat through.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:112.75, Glycemic Load:74.78, Inflammation Score:-9, Nutrition Score:38.34260866953%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 9.28mg, Kaempferol: 9.28mg, Kaempferol: 9.28mg, Kaempferol: 9.28mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg

Nutrients (% of daily need)

Calories: 794.98kcal (39.75%), Fat: 34.26g (52.71%), Saturated Fat: 5.01g (31.33%), Carbohydrates: 84.71g (28.24%), Net Carbohydrates: 78.59g (28.58%), Sugar: 5.54g (6.15%), Cholesterol: 74.34mg (24.78%), Sodium: 1008.14mg (43.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.15g (76.3%), Vitamin K: 154.32µg (146.97%), Vitamin C: 107.38mg (130.16%), Manganese: 2.14mg (106.84%), Selenium: 58.68µg (83.82%), Vitamin B6: 1.45mg (72.64%), Vitamin B3: 14.34mg (71.7%), Phosphorus: 500.63mg (50.06%), Vitamin B5: 3.4mg (33.97%), Potassium: 1059.13mg (30.26%), Magnesium: 116.47mg (29.12%), Folate: 110.56µg (27.64%), Copper: 0.54mg (26.89%), Fiber: 6.12g (24.48%), Vitamin B2: 0.38mg (22.61%), Vitamin E: 3.11mg (20.73%), Vitamin B1: 0.3mg (20.27%), Zinc: 2.97mg (19.78%), Vitamin A: 820.64IU (16.41%), Iron: 2.67mg (14.81%), Calcium: 118.62mg (11.86%), Vitamin B12: 0.24µg (4.07%)