



Spicy Chicken with Broccoli

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounces chicken breast (not breaded)
- ☐ 2 teaspoons cornstarch
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper white
- ☐ 1 pound broccoli
- ☐ 3 tablespoons vegetable oil
- ☐ 1 to 2 chilies slit fresh green hot very thin cut into slices
- ☐ 2 tablespoons black bean garlic sauce

- ☐ 2 teaspoons garlic finely chopped
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon ginger finely chopped
- ☐ 3 spring onion

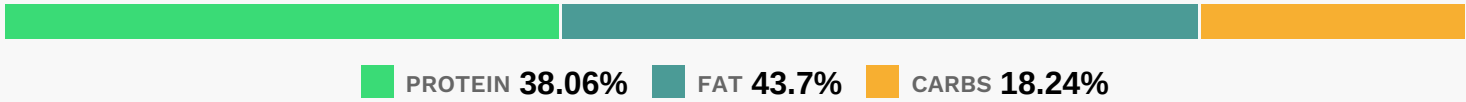
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Mix chicken, cornstarch, salt and white pepper in medium bowl. Cover and refrigerate 20 minutes.
- ☐ Peel outer layer from broccoli.
- ☐ Cut broccoli lengthwise into 1-inch stems; remove flowerets.
- ☐ Cut stems diagonally into 1/4-inch slices.
- ☐ Place broccoli flowerets and stems in boiling water; heat to boiling. Cover and cook 1 minute; drain. Immediately rinse with cold water; drain.
- ☐ Heat wok or 12-inch skillet over high heat.
- ☐ Add oil; rotate wok to coat side.
- ☐ Add chili, brown bean sauce, garlic, sugar and gingerroot; stir-fry 10 seconds.
- ☐ Add chicken; stir-fry about 2 minutes or until chicken is no longer pink in center.
- ☐ Add broccoli and onions; stir-fry about 1 minute or until broccoli is heated through.

Nutrition Facts



Properties

Glycemic Index:44.77, Glycemic Load:2.45, Inflammation Score:-8, Nutrition Score:25.66869557163%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 9.02mg, Kaempferol: 9.02mg, Kaempferol: 9.02mg, Kaempferol: 9.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 276.01kcal (13.8%), Fat: 13.62g (20.95%), Saturated Fat: 2.29g (14.34%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 8.73g (3.17%), Sugar: 4.38g (4.87%), Cholesterol: 68.04mg (22.68%), Sodium: 490.98mg (21.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.69g (53.37%), Vitamin K: 153.29µg (145.99%), Vitamin C: 105.99mg (128.47%), Vitamin B3: 11.87mg (59.37%), Selenium: 37.16µg (53.09%), Vitamin B6: 1.02mg (50.99%), Phosphorus: 304.24mg (30.42%), Potassium: 784.82mg (22.42%), Vitamin B5: 2.18mg (21.81%), Folate: 81.57µg (20.39%), Vitamin A: 828.23IU (16.56%), Fiber: 4.06g (16.24%), Manganese: 0.3mg (15.07%), Vitamin B2: 0.25mg (14.61%), Magnesium: 53.99mg (13.5%), Vitamin E: 1.97mg (13.15%), Vitamin B1: 0.16mg (10.44%), Iron: 1.56mg (8.68%), Zinc: 1.14mg (7.59%), Calcium: 68.43mg (6.84%), Copper: 0.1mg (4.96%), Vitamin B12: 0.21µg (3.54%)