



Spicy Szechuan Stir-Fry

 Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup broccoli florets
- ☐ 2 tablespoons canola oil
- ☐ 1 pound meat from a rotisserie chicken boneless skinless cut into strips thin
- ☐ 1 tablespoon chile paste
- ☐ 0.3 cup cooking sherry dry
- ☐ 1 tablespoon garlic minced
- ☐ 2 tablespoons ginger minced
- ☐ 0.3 cup pasilla peppers green julienned

- ☐ 1 cup onions julienned
- ☐ 1 tablespoon szechuan peppercorns
- ☐ 0.3 cup pasilla peppers red julienned
- ☐ 4 servings salt
- ☐ 0.3 cup scallions
- ☐ 1 cup mushroom caps sliced
- ☐ 2 tablespoons soya sauce thin
- ☐ 0.3 cup pasilla peppers yellow julienned

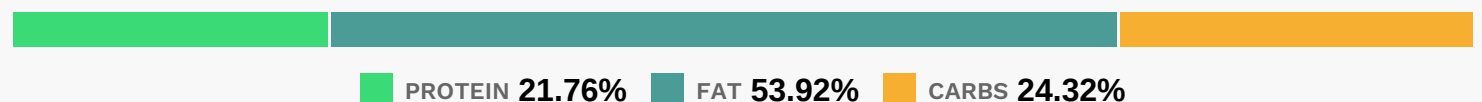
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wok

Directions

- ☐ Heat a small, dry saucepan. When the saucepan is hot, add the Szechuan peppercorns and, shaking the pan constantly, toast until the peppercorns are fragrant.
- ☐ Remove from the heat.
- ☐ Place the peppercorns in a spice grinder and grind. Season the chicken pieces with the peppercorns and salt and set aside.
- ☐ Heat a large wok over high heat. When the wok is hot, add the oil.
- ☐ Add the ginger, garlic and onions and stir-fry for 1 minute.
- ☐ Add the chicken, broccoli, peppers, shiitake mushrooms, soy sauce, sherry and chile paste. Stir-fry until the chicken is cooked through and the vegetables are cooked, but al dente, about 5 minutes.
- ☐ Add the scallions and stir-fry for 1 more minute.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:2.84, Inflammation Score:-8, Nutrition Score:18.373043557872%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.89mg, Quercetin: 9.89mg, Quercetin: 9.89mg, Quercetin: 9.89mg

Nutrients (% of daily need)

Calories: 264.56kcal (13.23%), Fat: 15.81g (24.33%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 11.93g (4.34%), Sugar: 4.94g (5.49%), Cholesterol: 40.82mg (13.61%), Sodium: 753.51mg (32.76%), Alcohol: 1.54g (100%), Alcohol %: 0.78% (100%), Protein: 14.36g (28.72%), Vitamin C: 63.23mg (76.65%), Vitamin K: 47.49µg (45.23%), Manganese: 0.71mg (35.28%), Vitamin B3: 6.84mg (34.2%), Vitamin B6: 0.58mg (29.04%), Phosphorus: 203.42mg (20.34%), Selenium: 12.46µg (17.81%), Vitamin B5: 1.68mg (16.76%), Potassium: 578.2mg (16.52%), Fiber: 4.12g (16.48%), Vitamin B2: 0.27mg (15.87%), Vitamin A: 647.52IU (12.95%), Vitamin E: 1.84mg (12.24%), Magnesium: 47.24mg (11.81%), Folate: 47.22µg (11.8%), Zinc: 1.66mg (11.07%), Copper: 0.22mg (11.06%), Iron: 1.76mg (9.8%), Vitamin B1: 0.11mg (7.29%), Calcium: 53.44mg (5.34%), Vitamin B12: 0.17µg (2.81%), Vitamin D: 0.33µg (2.23%)