



Spring Stir-Fry in Peanut Sauce

 Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



502 kcal

SAUCE

Ingredients

- 0.5 cup classic catalina dressing kraft
- 8 oz fettuccine barilla cooked drained
- 2 Tbsp creamy peanut butter
- 0.3 tsp pepper red crushed
- 2 green onions sliced
- 1 Tbsp oil divided
- 1 lb chicken breasts boneless skinless cut into strips
- 2 Tbsp soya sauce

4 cups cut-up vegetables mixed fresh red (broccoli florets and bell pepper strips)

Equipment

bowl

frying pan

Directions

Mix dressing, peanut butter, soy sauce and crushed red pepper; set aside.

Heat 2 tsp. of the oil in large nonstick skillet on medium-high heat.

Add chicken; cook and stir 5 to 8 min. or until chicken is cooked through.

Transfer chicken to large serving bowl; cover to keep warm.

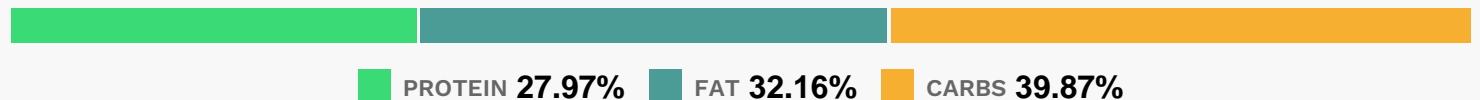
Heat remaining 1 tsp. oil in same skillet.

Add broccoli and bell peppers; cook and stir 5 min. or until vegetables are crisp-tender.

Add pasta, vegetables and dressing mixture to chicken; mix lightly. If desired, gradually stir in enough of the reserved pasta cooking water until sauce is of desired consistency.

Sprinkle with the onions.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:14.89, Inflammation Score:-10, Nutrition Score:29.080869462179%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 502.25kcal (25.11%), Fat: 18.18g (27.97%), Saturated Fat: 3.04g (18.98%), Carbohydrates: 50.74g (16.91%), Net Carbohydrates: 42.12g (15.32%), Sugar: 9.65g (10.72%), Cholesterol: 89.02mg (29.67%), Sodium: 1145.92mg (49.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.58g (71.16%), Vitamin A: 9384.77IU (187.7%), Vitamin B3: 15.8mg (78.99%), Selenium: 51.03µg (72.9%), Vitamin B6: 1.11mg (55.5%), Phosphorus: 430.02mg (43%), Manganese: 0.81mg (40.68%), Fiber: 8.62g (34.46%), Potassium: 910.16mg (26%), Vitamin C: 21.42mg (25.96%),

Magnesium: 103.58mg (25.89%), Vitamin B1: 0.33mg (22.11%), Vitamin B5: 2.19mg (21.86%), Vitamin B2: 0.31mg (18.49%), Folate: 73.66µg (18.41%), Iron: 2.95mg (16.4%), Copper: 0.31mg (15.37%), Vitamin K: 15.3µg (14.57%), Zinc: 2.12mg (14.11%), Vitamin E: 1.73mg (11.56%), Calcium: 68.43mg (6.84%), Vitamin B12: 0.28µg (4.63%), Vitamin D: 0.17µg (1.13%)