



Spring Stir-Fry in Peanut Sauce

 Dairy Free

READY IN



22 min.

SERVINGS



22

CALORIES



91 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:7.09, Glycemic Load:2.71, Inflammation Score:-8, Nutrition Score:5.9804348122814%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 91.32kcal (4.57%), Fat: 3.31g (5.09%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 9.23g (3.08%), Net Carbohydrates: 7.66g (2.78%), Sugar: 1.75g (1.95%), Cholesterol: 16.18mg (5.39%), Sodium: 208.35mg (9.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.94%), Vitamin A: 1706.32IU (34.13%), Vitamin B3: 2.87mg (14.36%), Selenium: 9.28µg (13.25%), Vitamin B6: 0.2mg (10.09%), Phosphorus: 78.19mg (7.82%), Manganese: 0.15mg (7.4%), Fiber: 1.57g (6.27%), Potassium: 165.48mg (4.73%), Vitamin C: 3.89mg (4.72%),

Magnesium: 18.83mg (4.71%), Vitamin B1: 0.06mg (4.02%), Vitamin B5: 0.4mg (3.97%), Vitamin B2: 0.06mg (3.36%), Folate: 13.39µg (3.35%), Iron: 0.54mg (2.98%), Copper: 0.06mg (2.79%), Vitamin K: 2.78µg (2.65%), Zinc: 0.38mg (2.56%), Vitamin E: 0.32mg (2.1%), Calcium: 12.44mg (1.24%)