



## Stir-Fried Chicken and Almonds

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

READY IN



25 min.

SERVINGS



25

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup planters almonds sliced
- 2 stalks celery sliced
- 6 cups rice long-grain white hot cooked
- 2 Tbsp cornstarch
- 2 cups chicken broth fat-free reduced-sodium
- 0.5 tsp ground ginger
- 1 small onion thinly sliced
- 3 Tbsp planters peanut oil

- 1 small bell pepper red cut into strips
- 1.5 lb chicken breasts boneless skinless cut into bite-size pieces
- 3 Tbsp lite soy sauce

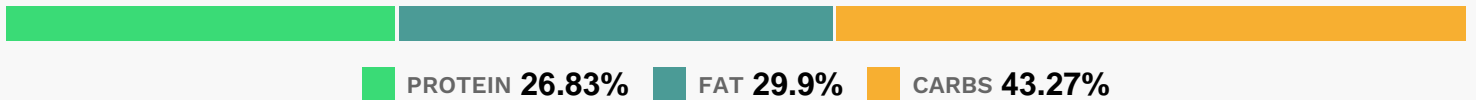
## Equipment

- frying pan

## Directions

- Mix first 4 ingredients until blended.
- Heat 2 Tbsp. oil in large skillet on medium-high heat.
- Add vegetables; cook and stir until crisp-tender.
- Remove from skillet; cover to keep warm.
- Add remaining oil to same skillet.
- Add chicken; cook and stir until chicken is done. Stir in broth mixture; cook until mixture boils and thickens, stirring occasionally.
- Add vegetables and nuts; mix well.
- Serve over the rice.

## Nutrition Facts



## Properties

Glycemic Index:9, Glycemic Load:11.63, Inflammation Score:-2, Nutrition Score:5.4839130769605%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.04mg, Kaempferol:

0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## **Nutrients (% of daily need)**

Calories: 117.54kcal (5.88%), Fat: 3.86g (5.94%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 12.57g (4.19%), Net Carbohydrates: 11.88g (4.32%), Sugar: 0.49g (0.54%), Cholesterol: 17.42mg (5.81%), Sodium: 229.77mg (9.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.59%), Selenium: 12.15µg (17.36%), Vitamin B3: 3.32mg (16.61%), Manganese: 0.28mg (14.07%), Vitamin B6: 0.26mg (13.22%), Phosphorus: 94.03mg (9.4%), Vitamin E: 1.08mg (7.22%), Vitamin B5: 0.6mg (5.99%), Vitamin C: 4.42mg (5.36%), Magnesium: 21.21mg (5.3%), Potassium: 163.38mg (4.67%), Vitamin B2: 0.08mg (4.46%), Copper: 0.07mg (3.58%), Zinc: 0.46mg (3.07%), Fiber: 0.69g (2.74%), Vitamin B1: 0.04mg (2.45%), Vitamin A: 115.3IU (2.31%), Iron: 0.39mg (2.17%), Folate: 7.06µg (1.77%), Calcium: 15.92mg (1.59%), Vitamin B12: 0.09µg (1.51%), Vitamin K: 1.16µg (1.1%)