



## Stir-Fried Chicken and Asian Greens

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

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon cornstarch
- 2 tablespoons cooking sherry dry
- 0.8 cup fat-skimmed chicken broth
- 1 tablespoon ginger fresh minced
- 1 tablespoon garlic minced
- 1 pound mustard greens chinese
- 4 servings salt
- 1 tablespoon soya sauce

- 1 tablespoon vegetable oil
- 0.3 teaspoon pepper white
- 12 ounces boned

## Equipment

- bowl
- frying pan
- wok

## Directions

- Rinse chicken and pat dry.
- Cut crosswise into strips about 1/8 inch thick and 2 to 3 inches long. In a bowl, mix chicken with sherry. In another small bowl, mix broth, soy sauce, cornstarch, and white pepper.
- Remove and discard any yellow, damaged, or tough leaves from 1 pound Asian greens. Trim off and discard tough stem ends. For tough stalks, remove any thick side stems attached to center stalk; discard center stalk and use stems. Rinse well.
- Cut leaves and stalks diagonally or crosswise into 1/4-inch-thick slices; separate leaves from stalks.
- For Chinese mustard or yao choy: Trim stalk ends, especially if fibrous (a white, woody center is an indication). If skin on stalks is tough, peel off and discard.
- Cut greens into 3-inch lengths, separating leaves and thin stems from thicker stems or stalks. If any pieces are thicker than 1/2 inch, cut to that thickness.
- Set a 14- to 16-inch wok or 12-inch frying pan over high heat. When hot, stir in the thick stem pieces and 3 tablespoons water. Cover and cook until pieces are tender-crisp to bite, 2 to 3 minutes.
- Add the leaves and thin stems and stir until leaves are barely wilted, 1 to 2 minutes; pour mixture into a bowl.
- Return pan to high heat. When it's hot and any liquid has evaporated, add oil, garlic, and ginger; stir until garlic begins to brown, about 30 seconds.
- Add chicken and stir until no longer pink in the center (cut to test), 2 to 3 minutes. Stir broth mixture and add to pan; stir until boiling. Return greens to pan and stir until hot.
- Add salt to taste and pour into a serving bowl.

# Nutrition Facts

PROTEIN 49.54% FAT 31.06% CARBS 19.4%

## Properties

Glycemic Index:26.75, Glycemic Load:0.82, Inflammation Score:-10, Nutrition Score:26.155217287333%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 18.37mg, Isorhamnetin: 18.37mg, Isorhamnetin: 18.37mg, Isorhamnetin: 18.37mg Kaempferol: 43.44mg, Kaempferol: 43.44mg, Kaempferol: 43.44mg, Kaempferol: 43.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg

## Nutrients (% of daily need)

Calories: 180.55kcal (9.03%), Fat: 6.18g (9.51%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 4.89g (1.78%), Sugar: 1.76g (1.95%), Cholesterol: 54.43mg (18.14%), Sodium: 741.71mg (32.25%), Alcohol: 0.77g (100%), Alcohol %: 0.37% (100%), Protein: 22.18g (44.37%), Vitamin K: 299.06µg (284.81%), Vitamin C: 81.14mg (98.35%), Vitamin A: 3454.85IU (69.1%), Vitamin B3: 10.23mg (51.14%), Vitamin B6: 0.89mg (44.38%), Selenium: 29.57µg (42.25%), Phosphorus: 260.39mg (26.04%), Potassium: 793.24mg (22.66%), Vitamin E: 2.73mg (18.17%), Magnesium: 62.81mg (15.7%), Vitamin B5: 1.54mg (15.37%), Fiber: 3.79g (15.17%), Calcium: 142.33mg (14.23%), Iron: 2.44mg (13.53%), Vitamin B2: 0.23mg (13.51%), Copper: 0.24mg (11.84%), Vitamin B1: 0.16mg (10.37%), Zinc: 0.85mg (5.64%), Folate: 18.59µg (4.65%), Manganese: 0.09mg (4.65%), Vitamin B12: 0.26µg (4.25%)