



Stir-Fried Chicken and Vegetables



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce baby corns drained canned
- ☐ 2 cups broccoli florets
- ☐ 2 cups carrots sliced
- ☐ 2 teaspoons cornstarch
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 cloves garlic minced
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 0.3 cup soya sauce reduced-sodium

- ☐ 1 medium onion diced
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1 bell pepper red seeded sliced into thin strips
- ☐ 1 pound chicken breasts boneless skinless cut into strips
- ☐ 2 cups sugar snap peas

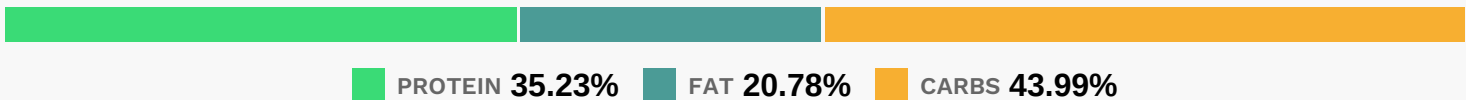
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat oil in a wok or large skillet over medium-high heat.
- ☐ Add garlic and ginger and cook 1 minute.
- ☐ Add chicken and cook 3 to 4 minutes, until starting to brown, stirring constantly.
- ☐ Add onions, carrots, and peppers and cook 1 minute.
- ☐ Add snap peas, corn and broccoli and cook 2 minutes.
- ☐ Add soy sauce and cook 2 minutes, until vegetables are crisp-tender.
- ☐ Dissolve cornstarch in chicken broth in a small bowl and add to wok. Simmer 2 minutes, until sauce thickens.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:59.58, Glycemic Load:14.71, Inflammation Score:-10, Nutrition Score:36.191739320755%

Flavonoids

Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.91mg, Kaempferol: 3.91mg, Kaempferol: 3.91mg, Kaempferol: 3.91mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg, Quercetin: 7.29mg

Nutrients (% of daily need)

Calories: 369.27kcal (18.46%), Fat: 8.99g (13.83%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 42.84g (14.28%), Net Carbohydrates: 34.76g (12.64%), Sugar: 13.21g (14.68%), Cholesterol: 72.57mg (24.19%), Sodium: 788.05mg (34.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.3g (68.6%), Vitamin A: 12753.71IU (255.07%), Vitamin C: 121.64mg (147.44%), Vitamin B3: 16.17mg (80.84%), Vitamin B6: 1.42mg (70.79%), Vitamin K: 69.38µg (66.08%), Selenium: 38.54µg (55.06%), Phosphorus: 461.28mg (46.13%), Potassium: 1320.98mg (37.74%), Vitamin B5: 3.45mg (34.52%), Manganese: 0.67mg (33.36%), Fiber: 8.08g (32.32%), Folate: 116.55µg (29.14%), Magnesium: 105.18mg (26.3%), Vitamin B1: 0.36mg (23.87%), Vitamin B2: 0.39mg (23.2%), Iron: 3.01mg (16.71%), Vitamin E: 2.38mg (15.84%), Zinc: 2.12mg (14.13%), Copper: 0.24mg (11.76%), Calcium: 91mg (9.1%), Vitamin B12: 0.29µg (4.76%)