



## Stir-Fried Chicken Salad

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

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon bottled garlic chopped
- 1 pound chicken breast tenders boneless skinless
- 2 tablespoons dry-roasted peanuts unsalted finely chopped
- 0.3 cup less-sodium chicken broth fat-free
- 0.3 cup basil fresh chopped
- 1 tablespoon soya sauce low-sodium
- 4 cups salad greens mixed
- 1 tablespoon vegetable oil; peanut oil preferred

- 0.5 cup onion red thinly sliced
- 2 tablespoons rice wine vinegar
- 2 teaspoons sugar
- 1 tablespoon thai fish sauce

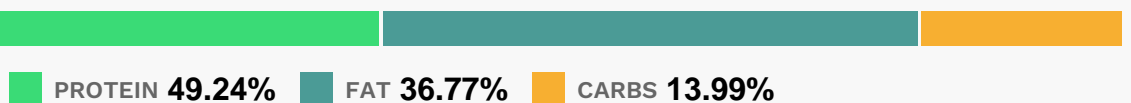
## Equipment

- bowl
- frying pan

## Directions

- Combine first 6 ingredients in a medium bowl.
- Add chicken to broth mixture, stirring to coat.
- Let stand 3 minutes.
- Heat oil in a large nonstick skillet over medium-high heat.
- Drain chicken, reserving marinade.
- Add chicken to the pan; cook 4 minutes or until done, stirring frequently. Stir in the reserved marinade. Reduce heat; cook 1 minute or until slightly thickened.
- Remove pan from heat.
- Combine greens and basil in a large bowl.
- Add chicken mixture, tossing to coat.
- Place 1 1/4 cups salad mixture on each of 4 plates. Top each serving with 2 tablespoons onion and 1 1/2 teaspoons peanuts.
- Serve immediately.
- Serve with lime wedges, if desired.

## Nutrition Facts



## Properties

Glycemic Index:61.77, Glycemic Load:2.17, Inflammation Score:-6, Nutrition Score:15.742174034533%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

## Nutrients (% of daily need)

Calories: 223.06kcal (11.15%), Fat: 9.01g (13.86%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 7.71g (2.57%), Net Carbohydrates: 6.8g (2.47%), Sugar: 3.09g (3.44%), Cholesterol: 72.57mg (24.19%), Sodium: 720.55mg (31.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.15g (54.29%), Vitamin B3: 13.09mg (65.43%), Selenium: 38.25µg (54.65%), Vitamin B6: 0.99mg (49.66%), Phosphorus: 294.3mg (29.43%), Vitamin B5: 1.82mg (18.19%), Potassium: 607.33mg (17.35%), Manganese: 0.33mg (16.64%), Vitamin C: 13.58mg (16.46%), Magnesium: 57.04mg (14.26%), Vitamin A: 568.82IU (11.38%), Vitamin B2: 0.16mg (9.64%), Folate: 34.77µg (8.69%), Vitamin B1: 0.12mg (8.05%), Zinc: 0.98mg (6.51%), Vitamin K: 6.62µg (6.3%), Iron: 1.05mg (5.85%), Copper: 0.12mg (5.8%), Vitamin E: 0.8mg (5.34%), Vitamin B12: 0.28µg (4.61%), Fiber: 0.92g (3.66%), Calcium: 34.11mg (3.41%)