



Stir-Fried Chicken with Bell Peppers and Snow Cabbage



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6.5 ounce cabbage drained well canned
- ☐ 1.5 teaspoons cornstarch
- ☐ 1 egg whites
- ☐ 1 medium size bell pepper green cut into matchstick-size strips
- ☐ 0.3 teaspoon pepper white
- ☐ 1 medium size bell pepper red cut into matchstick-size strips
- ☐ 0.3 teaspoon salt

- ☐ 3 teaspoons sesame oil divided
- ☐ 2 teaspoons rice wine dry chinese (rice wine)
- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 2 teaspoons soya sauce
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons vegetable oil divided

Equipment

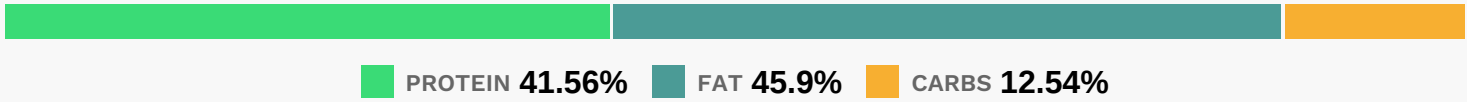
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Cut boneless chicken breast crosswise into 1/4-inch-thick slices, then stack slices and cut into matchstick-size strips.
- ☐ Whisk egg white in small bowl until foamy; transfer 1 tablespoon to medium bowl (reserve remaining egg white for another use).
- ☐ Add chicken to bowl with egg white.
- ☐ Add soy sauce, 2 teaspoons rice wine, cornstarch, and white pepper; toss to coat.
- ☐ Mix in 2 teaspoons sesame oil.
- ☐ Let stand 15 minutes.
- ☐ Mix preserved snow cabbage and sugar in small bowl.
- ☐ Heat 14-inch-diameter flat-bottomed wok or heavy 12-inch-diameter skillet over high heat until drop of water added to wok evaporates on contact.
- ☐ Add 1 tablespoon peanut oil and swirl to coat wok.
- ☐ Add sliced chicken breast, spreading evenly. Cook without stirring 30 seconds, then stir-fry until sliced chicken is no longer pink, about 2 minutes.
- ☐ Transfer chicken slices to plate.

- ☐
- Add remaining 1 tablespoon peanut oil to wok, then add red and green bell peppers and stir-fry until beginning to soften, about 2 minutes. Stir in snow cabbage mixture and salt. Return chicken to wok; add remaining 1 tablespoon rice wine and stir-fry until chicken is just cooked through, about 1 minute.
- ☐
- Remove pan from heat. Stir in remaining 1 teaspoon Asian sesame oil into stir-fry and serve.

Nutrition Facts



Properties

Glycemic Index:42.77, Glycemic Load:1.85, Inflammation Score:-8, Nutrition Score:21.565217183984%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 257.24kcal (12.86%), Fat: 12.94g (19.92%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 5.61g (2.04%), Sugar: 4.54g (5.04%), Cholesterol: 72.57mg (24.19%), Sodium: 467.42mg (20.32%), Alcohol: 0.4g (100%), Alcohol %: 0.21% (100%), Protein: 26.37g (52.75%), Vitamin C: 80.25mg (97.27%), Vitamin B3: 12.5mg (62.48%), Selenium: 38.05µg (54.35%), Vitamin B6: 1.07mg (53.31%), Vitamin K: 51.81µg (49.34%), Phosphorus: 269.29mg (26.93%), Vitamin A: 1120.71IU (22.41%), Vitamin B5: 1.86mg (18.63%), Potassium: 632.1mg (18.06%), Vitamin B2: 0.2mg (11.96%), Magnesium: 43.87mg (10.97%), Folate: 41.86µg (10.46%), Vitamin E: 1.46mg (9.75%), Fiber: 2.35g (9.38%), Manganese: 0.18mg (9.12%), Vitamin B1: 0.14mg (9.05%), Zinc: 0.87mg (5.81%), Iron: 0.97mg (5.39%), Vitamin B12: 0.23µg (3.89%), Copper: 0.07mg (3.59%), Calcium: 30.85mg (3.09%)