



Stir-Fried Chicken With Pineapple and Peppers

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon cornstarch
- 2 garlic cloves crushed
- 1 teaspoon ginger root grated
- 6 large green onions cut in 1-inch pieces
- 2 tablespoons mirin sweetened (Asian wine)
- 2 tablespoons oil
- 2 cups pepper strips fresh
- 20 ounce pineapple in juice chunk canned

- 1 pound chicken breast boneless skinless cut in 1-inch pieces
- 0.3 cup soya sauce reduced-salt
- 2 tablespoons citrus champagne vinegar

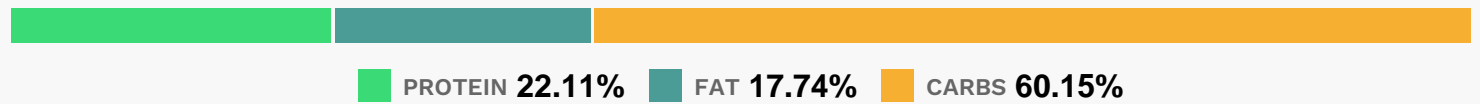
Equipment

- frying pan

Directions

- Combine first six ingredients; stir well.
- Heat oil in a large skillet and stir-fry chicken until brown and done, about 5 minutes.
- Remove.
- Add green onions, peppers and pineapple to the skillet; heat through.
- Pour in sauce and stir until thickened. Return chicken to skillet; heat through.
- Serve with brown rice; top with optional almonds.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:10.3, Inflammation Score:-8, Nutrition Score:35.262608548869%

Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 412kcal (20.6%), Fat: 9.36g (14.41%), Saturated Fat: 2.21g (13.8%), Carbohydrates: 71.46g (23.82%), Net Carbohydrates: 49.52g (18.01%), Sugar: 16.08g (17.86%), Cholesterol: 48.38mg (16.13%), Sodium: 692.48mg (30.11%), Alcohol: 0.57g (100%), Alcohol %: 0.24% (100%), Protein: 26.27g (52.55%), Manganese: 10.18mg (508.87%), Vitamin K: 182.31µg (173.63%), Fiber: 21.95g (87.79%), Copper: 1.21mg (60.46%), Iron: 8.85mg (49.17%), Vitamin B3: 9.58mg (47.89%), Vitamin B6: 0.91mg (45.71%), Magnesium: 178.19mg (44.55%), Potassium: 1541.85mg (44.05%), Selenium: 28.84µg (41.2%), Calcium: 390.38mg (39.04%), Phosphorus: 314.01mg (31.4%), Vitamin B5: 2.24mg (22.42%), Vitamin C: 14.84mg (17.99%), Vitamin B1: 0.25mg (16.77%), Vitamin B2: 0.27mg (16.08%), Vitamin

A: 750.65IU (15.01%), Zinc: 1.63mg (10.84%), Folate: 38.96µg (9.74%), Vitamin E: 1.19mg (7.91%), Vitamin B12: 0.15µg (2.52%)