



Stir-Fried Chicken With Pineapple and Peppers

 **Gluten Free**

 **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 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

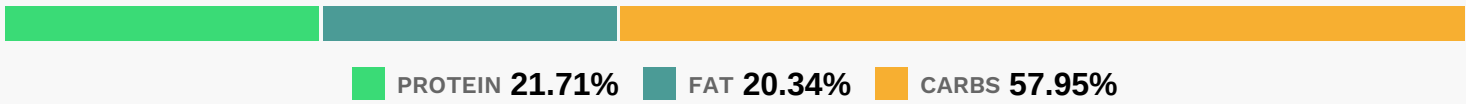
Equipment

- ☐ 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:22.33, Glycemic Load:10.34, Inflammation Score:-8, Nutrition Score:36.269130686055%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 434.19kcal (21.71%), Fat: 11.28g (17.35%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 72.29g (24.1%), Net Carbohydrates: 49.87g (18.13%), Sugar: 16.24g (18.05%), Cholesterol: 48.38mg (16.13%), Sodium: 692.51mg (30.11%), Alcohol: 0.57g (100%), Alcohol %: 0.24% (100%), Protein: 27.09g (54.17%), Manganese: 10.27mg (513.25%), Vitamin K: 182.31µg (173.63%), Fiber: 22.43g (89.71%), Copper: 1.25mg (62.43%), Iron: 8.99mg (49.96%), Vitamin B3: 9.72mg (48.58%), Magnesium: 188.54mg (47.13%), Vitamin B6: 0.92mg (45.97%), Potassium: 1569.95mg (44.86%), Selenium: 29µg (41.43%), Calcium: 400.7mg (40.07%), Phosphorus: 332.45mg (33.24%), Vitamin B5: 2.26mg (22.6%), Vitamin B2: 0.32mg (18.65%), Vitamin C: 14.84mg (17.99%), Vitamin B1: 0.26mg (17.29%), Vitamin A: 750.69IU (15.01%), Vitamin E: 2.17mg (14.46%), Zinc: 1.75mg (11.63%), Folate: 40.65µg (10.16%), Vitamin B12: 0.15µg (2.52%)