



Stir-Fried Velvet Chicken with Snap Peas and Lemon-Ginger Sauce

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large egg whites
- 2 tablespoons soya sauce divided ()
- 0.5 cup rice wine dry divided ()
- 0.5 cup rice wine dry divided ()
- 0.5 cup rice wine dry divided ()
- 3 tablespoons cornstarch divided
- 1 pound chicken breast boneless skinless sliced into 1/4-inch slices

- 0.5 cup chicken stock low-sodium homemade store-bought
- 0.3 cup optional: lemon
- 4 strips lemon zest with a vegetable peeler, 2 inches long and 1 inch wide
- 2 teaspoons sesame oil
- 1 tablespoon sugar
- 2 tablespoons ginger divided grated
- 1 pound snow peas trimmed
- 2 teaspoons garlic clove finely minced
- 3 spring onion finely minced
- 0.5 cup canola oil divided
- 1 serving kosher salt to taste

Equipment

Nutrition Facts

PROTEIN 37.75% **FAT 30.69%** **CARBS 31.56%**

Properties

Glycemic Index:46.9, Glycemic Load:2.74, Inflammation Score:-9, Nutrition Score:25.992608695652%

Flavonoids

Eriodictyol: 2.83mg, Eriodictyol: 2.83mg, Eriodictyol: 2.83mg, Eriodictyol: 2.83mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 425.73kcal (21.29%), Fat: 11.07g (17.03%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 25.62g (8.54%), Net Carbohydrates: 21.73g (7.9%), Sugar: 8.44g (9.37%), Cholesterol: 72.57mg (24.19%), Sodium: 714.66mg (31.07%), Alcohol: 14.49g (80.5%), Protein: 30.63g (61.27%), Vitamin C: 80.05mg (97.03%), Vitamin B3: 13.38mg (66.89%), Selenium: 40.6µg (58%), Vitamin B6: 1.09mg (54.71%), Vitamin K: 51.5µg (49.05%), Phosphorus: 335.26mg (33.53%), Vitamin A: 1359.94IU (27.2%), Vitamin B5: 2.57mg (25.67%), Potassium: 792.28mg (22.64%), Manganese: 0.39mg (19.72%), Iron: 3.45mg (19.16%), Magnesium: 71.97mg (17.99%), Vitamin B1: 0.26mg (17.54%),

Vitamin B2: 0.28mg (16.29%), Fiber: 3.89g (15.55%), Folate: 61.89µg (15.47%), Vitamin E: 1.75mg (11.65%), Copper: 0.19mg (9.32%), Calcium: 77.21mg (7.72%), Zinc: 1.13mg (7.54%), Vitamin B12: 0.26µg (4.4%)