



Stir-Fry Chicken and Broccoli



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups broccoli florets
- ☐ 1 tablespoon cornstarch
- ☐ 3 tablespoons cooking sherry dry
- ☐ 0.5 teaspoon ginger root fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 2 green onions sliced
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.5 cup onion sliced

- ☐ 2 tablespoons oyster sauce
- ☐ 2 chicken breast halves boneless skinless sliced
- ☐ 3 tablespoons soya sauce
- ☐ 2 tablespoons vegetable oil divided
- ☐ 1 teaspoon sambal oelek
- ☐ 1 teaspoon sambal oelek

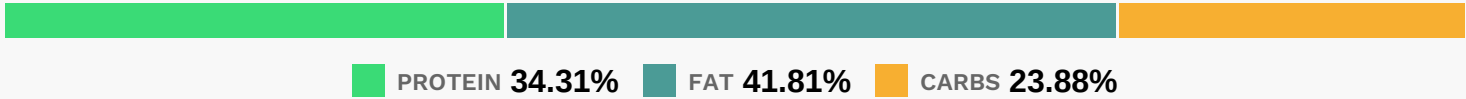
Equipment

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

Directions

- ☐ Mix chicken, 2 tablespoons vegetable oil, cornstarch, 2 teaspoons soy sauce, 2 teaspoons sherry, garlic, and ginger in a bowl.
- ☐ Whisk 3 tablespoons soy sauce, 3 tablespoons sherry, oyster sauce, and sambal oelek in another bowl.
- ☐ Heat 1 tablespoon vegetable oil in a wok or large skillet over medium-high heat; cook and stir chicken in batches until golden and no longer pink in the center, about 5 minutes.
- ☐ Transfer cooked chicken to a platter.
- ☐ Heat remaining 1 tablespoon vegetable oil in the same wok or skillet; cook and stir broccoli and onion until broccoli is partially cooked but still firm, 2 to 3 minutes. Stir in oyster sauce mixture and continue cooking until broccoli is tender, about 5 minutes more.
- ☐ Return chicken to wok and add green onions; toss until heated through and coated with sauce. Season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:1.61, Inflammation Score:-7, Nutrition Score:18.316521494285%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 5.57mg, Kaempferol: 5.57mg, Kaempferol: 5.57mg, Kaempferol: 5.57mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

Nutrients (% of daily need)

Calories: 188.75kcal (9.44%), Fat: 8.59g (13.22%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 8.58g (3.12%), Sugar: 2.5g (2.78%), Cholesterol: 36.16mg (12.05%), Sodium: 1090.55mg (47.42%), Alcohol: 1.16g (100%), Alcohol %: 0.76% (100%), Protein: 15.87g (31.73%), Vitamin K: 94.95µg (90.43%), Vitamin C: 64.42mg (78.09%), Vitamin B3: 7.07mg (35.35%), Vitamin B6: 0.61mg (30.72%), Selenium: 20.61µg (29.44%), Phosphorus: 194.92mg (19.49%), Manganese: 0.3mg (14.97%), Potassium: 517.38mg (14.78%), Folate: 56.86µg (14.21%), Vitamin B5: 1.29mg (12.89%), Vitamin B2: 0.18mg (10.65%), Vitamin A: 502.98IU (10.06%), Magnesium: 39.63mg (9.91%), Fiber: 2.47g (9.88%), Vitamin E: 1.24mg (8.23%), Vitamin B1: 0.11mg (7.21%), Iron: 1.24mg (6.89%), Calcium: 52.3mg (5.23%), Zinc: 0.76mg (5.04%), Copper: 0.1mg (4.93%), Vitamin B12: 0.15µg (2.5%)