



Stir-Fry Chicken and Vegetables

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



40 min.

SERVINGS



2

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli florets cut into pieces
- 0.5 cup chicken broth
- 1 tablespoon cornstarch
- 2 tablespoons cooking sherry dry
- 3 cloves garlic minced
- 1 large bell pepper green cut into squares
- 6 green onions chopped
- 6 ounces chicken breast boneless skinless cut into small pieces

- 2 tablespoons soya sauce
- 1 tablespoon vegetable oil
- 1 zucchini quartered cut into rounds and

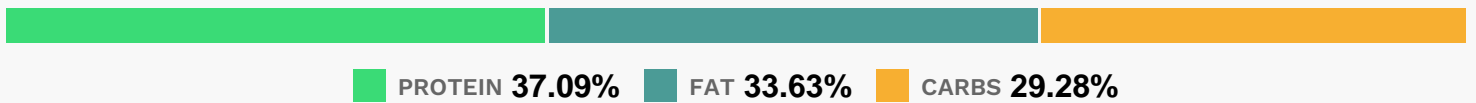
Equipment

- bowl
- frying pan
- wok

Directions

- Mix chicken, soy sauce, sherry, and cornstarch in a bowl.
- Heat 1 tablespoon vegetable oil in a large skillet or wok over medium-high heat; cook and stir broccoli, bell pepper, zucchini, and garlic for 2 to 3 minutes.
- Add chicken broth, cover, and simmer until vegetables are tender, 4 to 5 minutes.
- Transfer vegetables and sauce to a large bowl and wipe skillet clean.
- Heat remaining 1 tablespoon vegetable oil over medium-high heat; cook and stir chicken until meat is no longer pink in the center, about 5 minutes. Stir in vegetables; continue to cook and stir for 2 to 3 minutes more.
- Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:2.29, Inflammation Score:-9, Nutrition Score:28.168260804985%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 4.23mg, Luteolin: 4.23mg, Luteolin: 4.23mg, Luteolin: 4.23mg Kaempferol: 4.12mg, Kaempferol: 4.12mg, Kaempferol: 4.12mg, Kaempferol: 4.12mg Myricetin:

0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg

Nutrients (% of daily need)

Calories: 265.69kcal (13.28%), Fat: 9.86g (15.17%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 14.54g (5.29%), Sugar: 6.78g (7.53%), Cholesterol: 55.61mg (18.54%), Sodium: 1355.05mg (58.92%), Alcohol: 1.54g (100%), Alcohol %: 0.43% (100%), Protein: 24.46g (48.93%), Vitamin C: 133.25mg (161.51%), Vitamin K: 144.02µg (137.17%), Vitamin B6: 1.18mg (59.07%), Vitamin B3: 11.07mg (55.37%), Selenium: 29.91µg (42.73%), Manganese: 0.65mg (32.56%), Phosphorus: 311.45mg (31.14%), Potassium: 1034.65mg (29.56%), Vitamin A: 1168.88IU (23.38%), Folate: 90.35µg (22.59%), Vitamin B2: 0.35mg (20.67%), Fiber: 4.77g (19.07%), Vitamin B5: 1.89mg (18.87%), Magnesium: 75.24mg (18.81%), Vitamin B1: 0.23mg (15.34%), Iron: 2.43mg (13.49%), Copper: 0.23mg (11.52%), Vitamin E: 1.72mg (11.46%), Zinc: 1.43mg (9.54%), Calcium: 90.96mg (9.1%), Vitamin B12: 0.18µg (3.03%)