



Stir-Fry Chicken and Vegetables

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoons vegetable oil
- 1 cup carrots (matchstick-cut)
- 1 cup onion sliced
- 1 lb chicken breast boneless skinless cut into 2x1/2-inch strips (3)
- 1.3 cups water
- 4 oz vermicelli uncooked
- 1 cup peas sweet frozen
- 0.5 cup sauce

1 teaspoon garlic salt

Equipment

frying pan

Directions

In 12-inch nonstick skillet, heat oil over medium-high heat.

Add carrots, onion and chicken; cook 6 to 7 minutes, stirring frequently, until chicken is no longer pink in center and vegetables are tender.

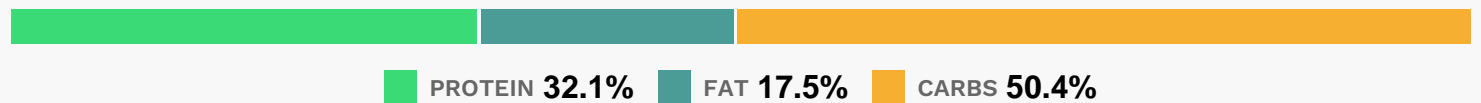
Stir in water and vermicelli.

Heat to boiling. Cover; cook 3 minutes.

Stir in peas and stir-fry sauce. Cook about 2 minutes, stirring frequently, until peas are thoroughly heated.

Remove from heat. Stir in garlic salt.

Nutrition Facts



Properties

Glycemic Index:44.04, Glycemic Load:16.66, Inflammation Score:-10, Nutrition Score:22.436956447104%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg 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: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 357.08kcal (17.85%), Fat: 6.79g (10.44%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 43.99g (14.66%), Net Carbohydrates: 39.89g (14.51%), Sugar: 12.1g (13.44%), Cholesterol: 72.57mg (24.19%), Sodium: 1148.58mg (49.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.02g (56.04%), Vitamin A: 5658.05IU (113.16%), Vitamin B3: 13.01mg (65.04%), Selenium: 41.45µg (59.22%), Vitamin B6: 1.01mg (50.35%), Phosphorus: 343.46mg (34.35%), Vitamin C: 20.71mg (25.1%), Manganese: 0.41mg (20.28%), Potassium: 677.45mg (19.36%), Vitamin K: 19.85µg (18.91%), Vitamin B5: 1.8mg (18.05%), Fiber: 4.1g (16.38%), Vitamin B1: 0.22mg (14.49%), Magnesium: 53.44mg (13.36%), Vitamin B2: 0.2mg (11.5%), Folate: 42.63µg (10.66%), Zinc: 1.47mg (9.8%), Copper: 0.16mg

(7.94%), Iron: 1.34mg (7.43%), Vitamin E: 0.76mg (5.07%), Calcium: 42.17mg (4.22%), Vitamin B12: 0.23µg (3.78%)