



Stir Fry Glazed Chicken

READY IN



30 min.

SERVINGS



5

CALORIES



684 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup canola oil
- 6 eggs beaten
- 1 cup flour all-purpose
- 2 teaspoons honey
- 0.3 cup mayonnaise
- 2 pounds chicken breast halves diced boneless skinless
- 0.3 cup condensed milk sweetened
- 1 teaspoon sugar white
- 2 teaspoons vinegar white

Equipment

- bowl
- frying pan
- whisk

Directions

- In a small bowl, whisk together the condensed milk, mayonnaise, sugar, vinegar, and honey until combined into a sauce; set aside.
- Combine the diced chicken and beaten eggs in a bowl and set aside.
- Spread the flour in a shallow dish. Dredge the chicken pieces in the flour until evenly coated.
- Heat the canola oil in a skillet over medium-high heat. Cook the chicken in the heated oil for about 2 minutes, turning occasionally to brown evenly. Stir in the sauce until the chicken is completely coated. Cook and stir until chicken is golden brown on the outside and no longer pink inside, 12 to 15 minutes.

Nutrition Facts

PROTEIN 29.4% **FAT 50.56%** **CARBS 20.04%**

Properties

Glycemic Index:71.67, Glycemic Load:22.38, Inflammation Score:-5, Nutrition Score:28.079564944558%

Nutrients (% of daily need)

Calories: 684.34kcal (34.22%), Fat: 37.85g (58.23%), Saturated Fat: 6.69g (41.79%), Carbohydrates: 33.75g (11.25%), Net Carbohydrates: 33.06g (12.02%), Sugar: 14.54g (16.16%), Cholesterol: 325.74mg (108.58%), Sodium: 406.84mg (17.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.52g (99.04%), Selenium: 86.14µg (123.06%), Vitamin B3: 20.49mg (102.43%), Vitamin B6: 1.47mg (73.6%), Phosphorus: 567.5mg (56.75%), Vitamin B2: 0.64mg (37.36%), Vitamin B5: 3.68mg (36.85%), Vitamin K: 35.71µg (34.01%), Vitamin E: 4.05mg (27%), Potassium: 851.11mg (24.32%), Vitamin B1: 0.35mg (23.56%), Folate: 80.87µg (20.22%), Magnesium: 64.54mg (16.13%), Iron: 2.84mg (15.77%), Vitamin B12: 0.94µg (15.67%), Zinc: 2.13mg (14.19%), Manganese: 0.22mg (10.91%), Calcium: 101.82mg (10.18%), Vitamin D: 1.31µg (8.72%), Vitamin A: 403.73IU (8.07%), Copper: 0.13mg (6.5%), Vitamin C: 2.72mg (3.3%), Fiber: 0.68g (2.72%)