



## Summer Chicken Stir-Fry

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup rice long-grain white uncooked
- 2 cups water
- 2 tablespoons vegetable oil
- 1 lb chicken breast boneless skinless cut into 1-inch pieces
- 1 cup onion chopped
- 2 medium to 3 sized squashes yellow cut in half lengthwise, then cut crosswise into 1/2-inch pieces (2 cups)
- 1 cup sugar snap peas fresh
- 2 cloves garlic finely chopped

- 0.5 cup sauce
- 1 cup tomatoes chopped

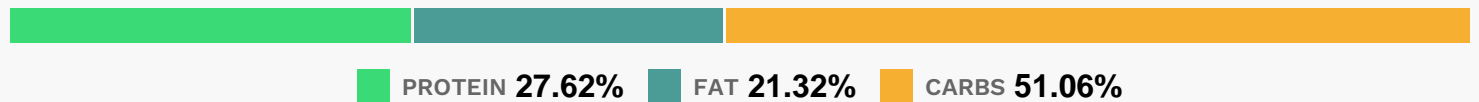
## Equipment

- frying pan

## Directions

- Cook rice in water as directed on package. Meanwhile, in 12-inch nonstick skillet, heat 1 tablespoon of the oil over medium-high heat. Cook chicken in oil 6 to 8 minutes, stirring occasionally, until no longer pink in center.
- Remove chicken from skillet; cover to keep warm.
- In same skillet, heat remaining 1 tablespoon oil. Cook onion, squash and peas in oil 5 minutes, stirring occasionally.
- Add garlic; cook 1 minute longer.
- Add stir-fry sauce and chicken; cook 2 to 3 minutes longer or until heated through.
- Remove from heat. Stir in tomato.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:47.05, Glycemic Load:24.31, Inflammation Score:-8, Nutrition Score:23.914347773013%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg

## Nutrients (% of daily need)

Calories: 445.19kcal (22.26%), Fat: 10.42g (16.03%), Saturated Fat: 1.84g (11.53%), Carbohydrates: 56.16g (18.72%), Net Carbohydrates: 52.69g (19.16%), Sugar: 12.71g (14.13%), Cholesterol: 72.57mg (24.19%), Sodium: 501.31mg (21.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.37g (60.75%), Vitamin B3: 13.47mg (67.35%), Vitamin B6: 1.27mg (63.72%), Selenium: 44.05µg (62.93%), Vitamin C: 41.25mg (50%), Manganese: 0.87mg (43.53%), Phosphorus: 364.38mg (36.44%), Potassium: 931.22mg (26.61%), Vitamin B5: 2.51mg (25.12%), Vitamin K: 24.97µg (23.78%), Vitamin B2: 0.31mg (18.49%), Magnesium: 73.24mg (18.31%), Vitamin A: 807.56IU (16.15%), Folate: 60.18µg (15.04%), Vitamin B1: 0.22mg (14.93%), Fiber: 3.47g (13.9%), Copper: 0.26mg (13.13%), Zinc: 1.67mg (11.15%), Iron: 1.85mg (10.3%), Vitamin E: 1.25mg (8.31%), Calcium: 63.04mg (6.3%), Vitamin B12: 0.23µg (3.78%)