



## Summer Garden Chicken Stir-Fry

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

READY IN



30 min.

SERVINGS



4

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 lb chicken breast boneless skinless cut into 1-inch pieces
- 2 cloves garlic finely chopped
- 2 teaspoons ginger finely chopped
- 1 medium onion cut into thin wedges
- 1 cup baby carrots
- 1 cup fat-skimmed beef broth fat-free
- 3 tablespoons soy sauce reduced-sodium
- 2 teaspoons sugar

- 2 cups broccoli florets fresh
- 3 oz mushrooms fresh sliced
- 0.5 cup bell pepper chopped (any color)
- 2 teaspoons cornstarch
- 1 serving brown rice hot cooked

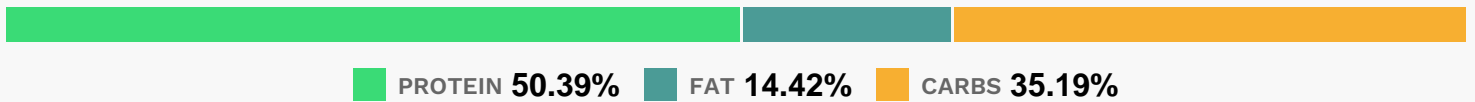
## Equipment

- bowl
- frying pan

## Directions

- Heat 12-inch nonstick skillet over medium-high heat.
- Add chicken, garlic and gingerroot; cook and stir 2 to 3 minutes or until chicken is brown.
- Stir in onion, carrots, 3/4 cup of the broth, the soy sauce and sugar. Cover and cook over medium heat 5 minutes, stirring occasionally.
- Stir in broccoli, mushrooms and bell pepper. Cover and cook about 5 minutes, stirring occasionally, until chicken is no longer pink in center and vegetables are crisp-tender.
- In small bowl, mix cornstarch and remaining 1/4 cup broth; stir into chicken mixture. Cook, stirring frequently, until sauce is thickened.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:72.57, Glycemic Load:5.87, Inflammation Score:-10, Nutrition Score:28.912608685701%

## Flavonoids

Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

## Nutrients (% of daily need)

Calories: 227.42kcal (11.37%), Fat: 3.66g (5.63%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 20.1g (6.7%), Net Carbohydrates: 16.34g (5.94%), Sugar: 6.84g (7.6%), Cholesterol: 72.57mg (24.19%), Sodium: 839.27mg (36.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.78g (57.56%), Vitamin A: 5314.12IU (106.28%), Vitamin C: 69.62mg (84.39%), Vitamin B3: 14.07mg (70.37%), Selenium: 41.41µg (59.16%), Vitamin B6: 1.16mg (57.78%), Vitamin K: 50.69µg (48.28%), Phosphorus: 355.93mg (35.59%), Manganese: 0.58mg (28.99%), Vitamin B5: 2.63mg (26.29%), Potassium: 875.01mg (25%), Vitamin B2: 0.33mg (19.58%), Magnesium: 69.54mg (17.39%), Folate: 66.23µg (16.56%), Fiber: 3.77g (15.06%), Vitamin B1: 0.19mg (12.75%), Copper: 0.21mg (10.51%), Iron: 1.69mg (9.38%), Zinc: 1.38mg (9.21%), Vitamin E: 0.93mg (6.17%), Vitamin B12: 0.35µg (5.81%), Calcium: 56.78mg (5.68%), Vitamin D: 0.16µg (1.04%)