



Summer Garden Chicken Stir-Fry

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby carrots
- 0.5 cup bell pepper chopped (any color)
- 2 cups broccoli florets fresh
- 4 servings brown rice hot cooked
- 2 teaspoons cornstarch
- 1 cup fat-skimmed beef broth fat-free
- 3 oz mushrooms fresh sliced
- 2 cloves garlic finely chopped

- 2 teaspoons ginger finely chopped
- 3 tablespoons soy sauce reduced-sodium
- 1 medium onion cut into thin wedges
- 1 lb chicken breast boneless skinless cut into 1-inch pieces
- 2 teaspoons sugar

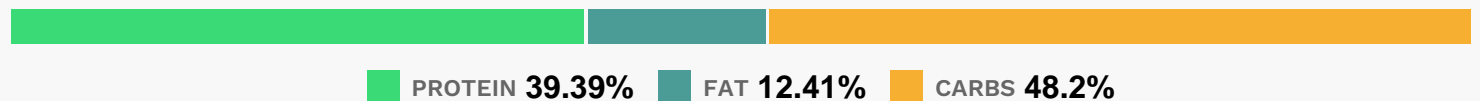
Equipment

- 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:14.15, Inflammation Score:-10, Nutrition Score:32.78043471212%

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: 309.32kcal (15.47%), Fat: 4.27g (6.56%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 37.29g (12.43%), Net Carbohydrates: 32.21g (11.71%), Sugar: 6.84g (7.6%), Cholesterol: 72.57mg (24.19%), Sodium: 840mg (36.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.48g (60.95%), Vitamin A: 5314.12IU (106.28%), Vitamin C: 69.62mg (84.39%), Vitamin B3: 15.05mg (75.23%), Manganese: 1.38mg (69.09%), Vitamin B6: 1.26mg (63.23%), Selenium: 41.41µg (59.16%), Vitamin K: 50.69µg (48.28%), Phosphorus: 412.23mg (41.22%), Vitamin B5: 2.92mg (29.16%), Potassium: 932.78mg (26.65%), Magnesium: 101.72mg (25.43%), Fiber: 5.08g (20.33%), Vitamin B2: 0.34mg (20.1%), Vitamin B1: 0.27mg (17.73%), Folate: 69.15µg (17.29%), Copper: 0.27mg (13.47%), Zinc: 1.83mg (12.23%), Iron: 2.08mg (11.53%), Calcium: 64.1mg (6.41%), Vitamin E: 0.93mg (6.17%), Vitamin B12: 0.35µg (5.81%), Vitamin D: 0.16µg (1.04%)