



HEALTH SCORE

54%

Summery chicken stir-fry



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 handful cashew pieces
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 2 chicken breast boneless skinless cut into thin strips
- ☐ 3 spring onion sliced
- ☐ 175 g broccoli florets
- ☐ 175 g snow peas
- ☐ 1 small head bay leaves shredded chinese
- ☐ 2 tbsp hoisin sauce

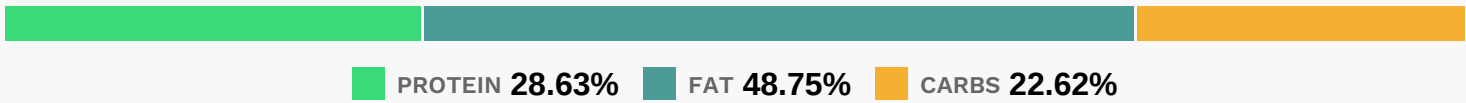
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat a wok or large frying pan.
- ☐ Add the cashews and fry until toasted.
- ☐ Remove and set aside.
- ☐ Add 1 tbsp oil and the chicken, fry quickly until evenly browned, then remove from the pan.
- ☐ Add the remaining oil along with the spring onions and broccoli, and stir-fry quickly for 2–3 mins, then add the peas and Chinese leaves and stir-fry for a further min. Return the chicken to the pan with the hoisin sauce and 6 tbsp water. Bring to the boil, then cover and cook for 5 mins until the chicken is cooked through. Scatter over the nuts to serve.

Nutrition Facts



Properties

Glycemic Index:44.6, Glycemic Load:2.42, Inflammation Score:-9, Nutrition Score:35.732173816017%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 7.1mg, Kaempferol: 7.1mg, Kaempferol: 7.1mg, Kaempferol: 7.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 444.55kcal (22.23%), Fat: 24.62g (37.88%), Saturated Fat: 3.43g (21.44%), Carbohydrates: 25.7g (8.57%), Net Carbohydrates: 19.6g (7.13%), Sugar: 10.66g (11.85%), Cholesterol: 72.8mg (24.27%), Sodium: 427.45mg (18.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.54g (65.07%), Vitamin C: 135.66mg (164.44%), Vitamin K: 154.56µg (147.2%), Vitamin B3: 13.32mg (66.61%), Vitamin B6: 1.23mg (61.58%), Selenium: 42.35µg (60.51%), Vitamin E: 7.27mg (48.46%), Phosphorus: 443.68mg (44.37%), Manganese: 0.77mg (38.64%), Vitamin A: 1741.49IU (34.83%), Magnesium: 120.6mg (30.15%), Potassium: 1039.96mg (29.71%), Vitamin B5: 2.92mg (29.22%), Folate: 116.25µg (29.06%), Copper: 0.51mg (25.46%), Iron: 4.52mg (25.12%), Fiber: 6.09g (24.37%), Vitamin B1: 0.34mg (22.65%), Vitamin B2: 0.35mg (20.31%), Zinc: 2.26mg (15.05%), Calcium: 112.2mg (11.22%), Vitamin B12:

0.23μg (3.77%)