



Sweet-and-Spicy Chicken Stir-Fry



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



157 kcal

SIDE DISH

Ingredients

- ☐ 1 small head cauliflower cored cut into small florets
- ☐ 2 cups rice cooked
- ☐ 1 teaspoon cornstarch
- ☐ 1 tablespoon ginger fresh finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons honey
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 3 tablespoons rice vinegar

- ☐ 3 scallions dark white green sliced finely chopped
- ☐ 1 pound chicken breasts boneless skinless cut into strips
- ☐ 3 tablespoons soya sauce
- ☐ 2 tablespoons hot sauce such as sriracha
- ☐ 3 tablespoons vegetable oil

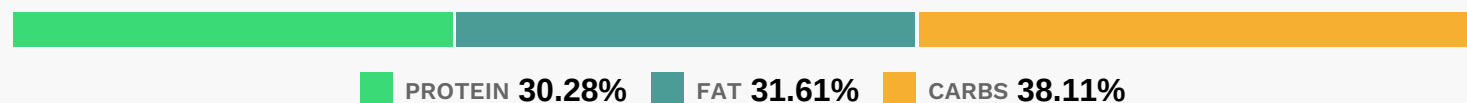
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok
- ☐ microwave

Directions

- ☐ Place cauliflower in a dish, sprinkle with 2 Tbsp. water and microwave on high until tender, 3 to 4 minutes. In a small bowl, whisk together honey, hot sauce, broth, cornstarch, 2 Tbsp. soy sauce and 2 Tbsp. rice vinegar.
- ☐ In a large skillet or wok, warm 2 Tbsp. oil over high heat. In a bowl, toss chicken with remaining 1 Tbsp. soy sauce and 1 Tbsp. rice vinegar. Stir-fry until chicken is no longer pink.
- ☐ Transfer to a clean bowl.
- ☐ Add remaining 1 Tbsp. oil to skillet. Stir-fry garlic, ginger and white and pale green parts of scallions until fragrant, about 30 seconds. Return chicken to skillet with cauliflower and sauce. Cook, stirring, until sauce thickens, 2 to 3 minutes.
- ☐ Sprinkle dark green scallion bits on top.
- ☐ Serve on rice, if desired.

Nutrition Facts



Properties

Glycemic Index:33.53, Glycemic Load:11.79, Inflammation Score:-3, Nutrition Score:8.5460869151613%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 156.95kcal (7.85%), Fat: 5.48g (8.44%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 14.87g (4.96%), Net Carbohydrates: 14.03g (5.1%), Sugar: 4.21g (4.67%), Cholesterol: 29.03mg (9.68%), Sodium: 434.07mg (18.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.82g (23.63%), Vitamin B3: 5.33mg (26.63%), Selenium: 17.26µg (24.66%), Vitamin B6: 0.45mg (22.26%), Vitamin C: 16.18mg (19.61%), Vitamin K: 19.23µg (18.31%), Phosphorus: 132.45mg (13.25%), Manganese: 0.25mg (12.44%), Vitamin B5: 0.98mg (9.8%), Potassium: 295.92mg (8.45%), Magnesium: 23.22mg (5.8%), Folate: 21.48µg (5.37%), Vitamin B2: 0.08mg (4.87%), Vitamin B1: 0.06mg (3.74%), Zinc: 0.55mg (3.7%), Fiber: 0.84g (3.35%), Iron: 0.58mg (3.25%), Vitamin E: 0.48mg (3.19%), Copper: 0.06mg (3.18%), Calcium: 17.12mg (1.71%), Vitamin B12: 0.1µg (1.61%), Vitamin A: 53.77IU (1.08%)