



Sweet and Spicy Stir-Fry Chicken



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup chicken broth (from 32-oz carton)
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon vinegar white
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 2 tablespoons vegetable oil
- ☐ 1 lb chicken thighs boneless skinless cut into 3/4-inch pieces

- ☐ 1 small onion cut into 1/2-inch wedges
- ☐ 2 cloves garlic finely chopped
- ☐ 1 teaspoon ginger grated
- ☐ 1.5 cups peas fresh
- ☐ 1 medium bell pepper red cut into 1-inch pieces
- ☐ 2 tablespoons water
- ☐ 1 cup pineapple fresh cubed (1 inch)
- ☐ 0.3 cup roasted peanuts

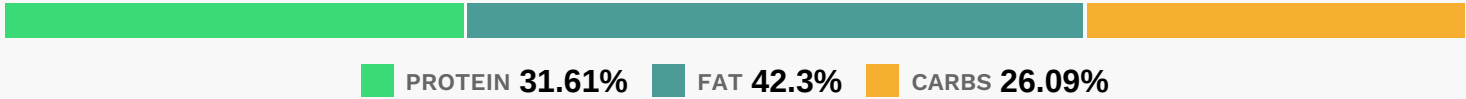
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wooden spoon
- ☐ wok

Directions

- ☐ In small bowl, mix sauce ingredients with wire whisk until well blended; set aside.
- ☐ In wok or 12-inch nonstick skillet, heat 1 tablespoon of the oil over high heat about 2 minutes.
- ☐ Add chicken, onion, garlic and gingerroot, breaking up clumps of chicken with wooden spoon; cook 1 minute without stirring. Stir-fry about 3 minutes or until chicken is no longer pink in center.
- ☐ Transfer chicken mixture to clean bowl.
- ☐ To empty wok, add remaining 1 tablespoon oil; heat over high heat about 1 minute.
- ☐ Add green beans and bell pepper; cook 2 minutes, stirring frequently.
- ☐ Add water; cover and cook 1 to 2 minutes. Stir vegetables.
- ☐ Return chicken mixture to wok.
- ☐ Mix sauce mixture again with wire whisk to recombine; pour into wok. Stir to coat mixture with sauce. Cook uncovered about 1 minute or until sauce is thickened. Stir in pineapple and peanuts.

Nutrition Facts



Properties

Glycemic Index:93.52, Glycemic Load:7.99, Inflammation Score:-9, Nutrition Score:26.020434794219%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 374.11kcal (18.71%), Fat: 17.88g (27.51%), Saturated Fat: 3.2g (20.01%), Carbohydrates: 24.82g (8.27%), Net Carbohydrates: 18.97g (6.9%), Sugar: 12.39g (13.76%), Cholesterol: 108.02mg (36.01%), Sodium: 716.88mg (31.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.07g (60.14%), Vitamin C: 81.43mg (98.7%), Manganese: 1.05mg (52.48%), Vitamin B3: 10.22mg (51.09%), Vitamin B6: 0.82mg (41.09%), Selenium: 28.13µg (40.19%), Phosphorus: 349.51mg (34.95%), Vitamin K: 31.22µg (29.73%), Vitamin A: 1451.37IU (29.03%), Vitamin B1: 0.35mg (23.59%), Fiber: 5.85g (23.39%), Vitamin B2: 0.35mg (20.7%), Folate: 81.5µg (20.37%), Magnesium: 79.44mg (19.86%), Potassium: 670.73mg (19.16%), Zinc: 2.87mg (19.12%), Vitamin B5: 1.84mg (18.35%), Copper: 0.32mg (16%), Iron: 2.54mg (14.14%), Vitamin B12: 0.73µg (12.14%), Vitamin E: 1.36mg (9.06%), Calcium: 53.34mg (5.33%)