



Sweet & Sour Chicken Stir-Fry

 Dairy Free

READY IN



21 min.

SERVINGS



21

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup balsamic vinaigrette dressing kraft
- 2 cups broccoli florets frozen thawed
- 1.5 cups rice white instant cooked
- 1 Tbsp oil
- 1 lb chicken breasts boneless skinless cut into strips
- 2 Tbsp soya sauce
- 0.3 cup sweet'n sauce sour kraft
- 1 bell pepper yellow cut into strips

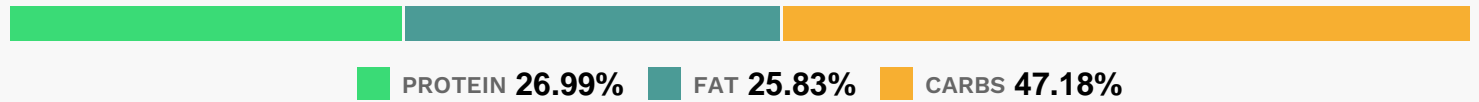
Equipment

frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add chicken and peppers; cook 8 min. or until chicken is done, stirring occasionally.
- Add sweet-and-sour sauce, dressing and soy sauce; mix well. Stir in broccoli; cook 2 min. or until heated through, stirring occasionally.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:2.24, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:5.0617391654979%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 84.4kcal (4.22%), Fat: 2.36g (3.63%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 9.29g (3.38%), Sugar: 2.97g (3.3%), Cholesterol: 13.82mg (4.61%), Sodium: 215.97mg (9.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.09%), Vitamin C: 18.39mg (22.29%), Vitamin B3: 2.86mg (14.28%), Selenium: 9.44µg (13.49%), Vitamin B6: 0.2mg (9.87%), Vitamin K: 9.36µg (8.92%), Folate: 25µg (6.25%), Phosphorus: 61.92mg (6.19%), Vitamin B1: 0.08mg (5.3%), Manganese: 0.1mg (4.86%), Vitamin B5: 0.4mg (4%), Potassium: 124.61mg (3.56%), Iron: 0.6mg (3.32%), Magnesium: 9.66mg (2.42%), Vitamin B2: 0.04mg (2.2%), Zinc: 0.27mg (1.77%), Fiber: 0.41g (1.63%), Vitamin E: 0.23mg (1.52%), Copper: 0.03mg (1.47%), Vitamin A: 71.81IU (1.44%)