



Sweet-Spicy Chicken and Vegetable Stir-Fry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil divided
- ☐ 0.8 teaspoon cornstarch
- ☐ 3 tablespoons t brown sugar dark
- ☐ 1 teaspoon sesame oil dark
- ☐ 0.3 cup roasted peanuts unsalted
- ☐ 1 tablespoon fish sauce
- ☐ 0.3 cup spring onion sliced
- ☐ 1.5 tablespoons soy sauce

- ☐ 1 bell pepper red sliced
- ☐ 0.5 medium onion red cut into thin wedges
- ☐ 1 tablespoon rice vinegar
- ☐ 1 pound chicken breast boneless skinless cut into bite-sized pieces
- ☐ 8 ounces sugar snap peas
- ☐ 1 tablespoon frangelico
- ☐ 1 tablespoon frangelico

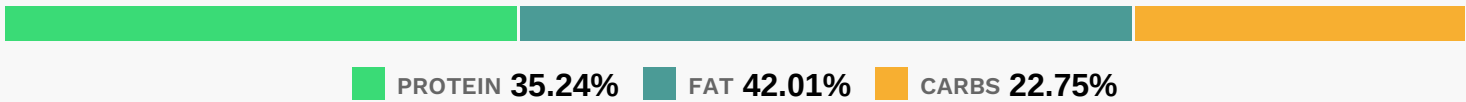
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Combine the first 7 ingredients, stirring well; set aside.
- ☐ Heat a large wok or large heavy skillet over high heat.
- ☐ Add 1 tablespoon canola oil to pan; swirl to coat.
- ☐ Add chicken; stir-fry 4 minutes or until browned and done.
- ☐ Remove chicken from wok.
- ☐ Add remaining 1 tablespoon canola oil to wok; swirl to coat.
- ☐ Add sugar snap peas, bell pepper, and red onion; stir-fry 3 minutes or until vegetables are crisp-tender. Stir in brown sugar mixture; cook 1 minute or until thickened. Stir in chicken; toss to coat.
- ☐ Sprinkle with green onions and peanuts.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.75, Inflammation Score:-9, Nutrition Score:24.702609238417%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 333.22kcal (16.66%), Fat: 15.66g (24.09%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 15.73g (5.72%), Sugar: 13.17g (14.63%), Cholesterol: 72.57mg (24.19%), Sodium: 747.94mg (32.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.56g (59.12%), Vitamin C: 75.68mg (91.73%), Vitamin B3: 14.05mg (70.26%), Vitamin B6: 1.1mg (55.07%), Selenium: 38.08µg (54.4%), Vitamin A: 1644.94IU (32.9%), Phosphorus: 328.38mg (32.84%), Vitamin K: 33.98µg (32.36%), Manganese: 0.48mg (23.77%), Vitamin B5: 2.32mg (23.2%), Potassium: 750.02mg (21.43%), Magnesium: 77.49mg (19.37%), Folate: 65.17µg (16.29%), Vitamin E: 2.21mg (14.72%), Vitamin B1: 0.22mg (14.35%), Fiber: 3.35g (13.41%), Vitamin B2: 0.22mg (12.79%), Iron: 2.24mg (12.44%), Copper: 0.16mg (8.06%), Zinc: 1.18mg (7.83%), Calcium: 60.37mg (6.04%), Vitamin B12: 0.25µg (4.14%)