Sweet, Spicy Stir Fry with Chicken & Broccoli

Gluten Free Dairy Free Popular

READY IN	SERVINGS	CALORIES
30 min.	4	145 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 0.5 teaspoon pepper black
- [ ] 3 cups broccoli florets
- [ ] 0.1 cup chicken stock see
- [ ] 1 tablespoon chile paste
- [ ] 0.3 teaspoon pepper red crushed
- [ ] 4 cloves garlic thinly sliced
- [ ] 0.3 cup green onions sliced
- [ ] 0.5 teaspoon ground ginger

- [ ] 1 tablespoon hoisin sauce
- [ ] 1 tablespoon soya sauce low sodium
- [ ] 1 tablespoon olive oil
- [ ] 0.5 teaspoon salt
- [ ] 2 chicken breast halves boneless skinless cut into 1 inch strips

Equipment

- [ ] frying pan

Directions

- [ ] Place broccoli in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 5 minutes.
- [ ] Heat the oil in a skillet over medium heat, and saute the chicken, green onions, and garlic until the chicken is no longer pink and juices run clear.
- [ ] Stir the hoisin sauce, chile paste, and soy sauce into the skillet. Season with ginger, red pepper, salt, and black pepper. Stir in the chicken stock and simmer about 2 minutes.
- [ ] Mix in the steamed broccoli until coated with the sauce mixture.

Nutrition Facts

PROTEIN **40.41%** FAT **33.35%** CARBS **26.24%**

Properties

Glycemic Index:31.5, Glycemic Load:1.29, Inflammation Score:-7, Nutrition Score:17.690434569898%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 5.44mg, Kaempferol: 5.44mg, Kaempferol: 5.44mg, Kaempferol: 5.44mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 144.78kcal (7.24%), Fat: 5.53g (8.51%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 7.48g (2.72%), Sugar: 2.94g (3.27%), Cholesterol: 36.51mg (12.17%), Sodium: 602.82mg (26.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.07g (30.15%), Vitamin K: 85.45µg (81.38%), Vitamin C:

64.34mg (77.99%), Vitamin B3: 6.7mg (33.5%), Vitamin B6: 0.61mg (30.42%), Selenium: 20.73µg (29.61%), Phosphorus: 184.05mg (18.41%), Manganese: 0.36mg (17.85%), Potassium: 504.67mg (14.42%), Folate: 52.91µg (13.23%), Vitamin B5: 1.24mg (12.4%), Vitamin A: 551.66IU (11.03%), Vitamin B2: 0.17mg (10.24%), Fiber: 2.3g (9.21%), Magnesium: 36.68mg (9.17%), Vitamin E: 1.27mg (8.47%), Vitamin B1: 0.1mg (6.85%), Iron: 1.11mg (6.17%), Calcium: 50.36mg (5.04%), Zinc: 0.75mg (4.97%), Copper: 0.09mg (4.26%), Vitamin B12: 0.11µg (1.88%)